GIVE THE NOD TO THESE NOODLES
IF YOU LIKE EASY AND QUICK, THAT IS {page 24}

CRUZ BABY ON WAY FOR NEWLYWED DISH {page 19}

VANCOUVER metro®
Wednesday, September 15, 2010
www.metronews.ca

Share this copy with a friend

CANADIAN HEALTH CARE ACADEMY INC.

Our Programs
- Biology 12 (Pre-Nursing)
- Practical Nursing
- Nursing Unit Clerk
- Resident Care Attendant and more…

PCTIA

Call for details 604-540-2421
info@chcabc.com

Going sky high for a good cause

Since 2005, more than 300 people have rappelled to raise nearly $975,000 for B.C. children with disabilities ◐ Participants usually dress as superheroes

JEFF HODSON/METRO VANCOUVER

▶ Metro reporter Kristen Thompson, left, and Breakfast Television host Dawn Chubai at the start of their 20-storey rappel down the AXA Place building in Vancouver yesterday morning. The duo — dressed as Superwoman and Batgirl — were participating in the annual Drop Zone challenge. Photo gallery, page 4.

Local

Supportive housing on the way

◐ Portion of Whistler's Olympic Village to be converted into apartments in Whalley ◐ Complex is part of provincewide legacy {page 3}

Hamm paints The Town red

Mad Men star talks on role in gritty new action flick {page 12}

Liberal claims Tory-NRA links

Feds deny ties to U.S. lobby as gun registry vote nears {page 8}

Fighting the Freshman 7

Tips to combat weight gain while eating at school {page 28}

™Trademark used under license. ©2010.
chatr wireless
no worries talk happy™
Worry-free unlimited talk
within a chatr zone
chatrwireless.com
$35 per month
WIRELESSWAVE FUTURE SHOP booth BEST BUY Zellers LONDON DRUGS WIRELESS etc... chatr stores

FINAL SALE

STORE CLOSING OUT

2 WEEKS LEFT

UP TO 70% OFF

Hurry in for Best Selection!

After 15 years at this location, we're closing our doors.

All inventory must be cleared at sacrificial prices.

Take advantage of our largest and final sale.

Diamond & Gold Jewellery • Watches • Silver
Canadian Diamonds • Hawaiian Jewellery

1/2Ct.Diamond Ring	Figaro Gold chain	Gold Weddingband	BirthstoneRing	Watch
Reg:$1950-Now:$795	Reg:$1250-Now:$375	Reg:$425-Now:$170	Reg:$150-Now:$60	Reg:$350-Now:$175

This is the BEST opportunity to buy a piece of Jewellery or Watches at COST

Elite Goldsmith

City Square Shopping Centre • #147 – 555 W. 12th Avenue (Upper Floor)

604–872–5330

FREE 2–Hour Parking – please bring parking ticket to the store for validation

Open 7 Days a Week • Personal Shopping Only

Body found in water off Granville Island

Tourists and Granville Island regulars witnessed a gruesome scene yesterday.

Michele Becker looked out the window of her Granville Island art gallery office yesterday just before noon to see a body floating face-down in False Creek.

She immediately called police, who said that an autopsy is needed to confirm the man's identity and cause of death.

Russell Ko, a ferry driver, told Metro "this is the second, if not the third body we've heard of being found around here" in his six years working with False Creek Ferries.

At noon yesterday he saw a police boat "coming down at high speed" to investigate the water near Pier 32, close to Emily Carr University.

"It's sobering," Becker said of her discovery. "It reminds us how fragile each and every one of us is."

STEPHANIE ORFORD

STEPHANIE ORFORD/FOR METRO VANCOUVER

▶ A man wearing a knapsack and hiking boots was found dead in False Creek off Pier 32.

▶ Actress Amanda Seyfried poses with Ron Zalko at Vancouver's Ron Zalko Fitness and Yoga.

CONTRIBUTED

Seyfried staying in shape

Seyfried is in town to film Red Riding Hood, directed by Catherine Hardwicke and produced by Leonardo DiCaprio. Zalko says Seyfried stays fit by working out up to an hour and 10 minutes daily.

Whistler Olympic Village will be supportive housing

B.C. is spending more than $10 million to build the Timber Grove apartments ◐ Surrey donated $2.3 million in land ◐ Support services operated by Coast Mental Health

Part of Whistler's Olympic Village will be reborn as supportive apartments in Whalley, B.C.'s housing minister announced yesterday.

The Timber Grove apartments, a 52-unit, three-storey supportive rental apartment complex, is part of a 156-unit Olympic housing legacy in six towns and cities across the province from modular sections of the Whistler Olympic Village.

"The (Olympic) legacy is kind of cool," said Rich Coleman yesterday, overlooking the concrete foundation of the future development.

"We're going to get a public benefit from something that otherwise would have just been used for a short period of time."

Coleman said early in the Olympic planning process — when Whistler decided it didn't want a permanent village — his ministry began chatting with VANOC about using modular units. They then designed the modules so that they could be reconfigured post-Games from the 300-or-so dormitory-style beds used by the athletes into independent (albeit small, at 355 square feet) apartment units.

The modules were purchased by the province for about 30 cents on the dollar. It resulted in savings, in the case of the $12.7-million Whalley development of 20 to 25 per cent, or about $4 million.

JEFF HODSON

JEFF HODSON/METRO VANCOUVER

▶ A modular unit from the Whistler Olympic Village that will be reconfigured into supportive apartments in Surrey.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small on what investors should look out for as interest rates rise. More at metronews.ca/investing

▶ Metro's Kristen Thompson, in red, and Breakfast TV host Dawn Chubai make their way downwards.

Metro reporter Kristen Thompson and Breakfast TV host Dawn Chubai teamed up to rappel 20 storeys down the AXA Place building yesterday The duo — dressed as Superwoman and Batgirl — participated in the annual Drop Zone challenge Since 2005, Drop Zone has raised nearly $975,000 for B.C. children with disabilities

TEXT **KRISTEN THOMPSON** PHOTOS **JEFF HODSON**

Welcome to the Drop Zone

▶ Thompson, left, and Chubai ponder the height of the AXA Place building.

▶ Metro reporter Kristen Thompson, post-rappel.

▶ Rebecca Bollwitt, a.k.a. Miss 604, prepares for her Drop Zone descent.

'Full-body chastity belt'

Thoughts and musings on rappelling down a 20-storey building:

- The harness, while reassuringly tight, felt like a full-body chastity belt.
- The scariest part was stepping over the edge and leaning back for the first time.
- Taking a moment to stop halfway down and take in the surroundings was peaceful.
- The most rewarding part was hearing cheers from spectators on the street nearing the bottom.
- The descent was broadcast live on BT (Citytv) and will be re-aired today between 7:30 and 7:45 a.m.

▶ Global TV's Wesla Wong.

* Subject to change or withdrawal without notice. Some conditions and restrictions apply. Visit a branch for details.

SHOW YOUR NEST EGG SOME LOVE WITH A REALLY BIG RATE.

Treat your nest egg right. Don't miss this opportunity to invest in some of the most irresistible term deposit rates in the market. Visit www.comsavings.com/NestEgg or call 1-888-963-2000 for branch locations.

Community Savings™
the unions' credit union

2.00% 1-YEAR TERM

2.50% 2-YEAR TERM

A quicker spark for Vancouver's electric vehicles

EVs expected to be released in Canadian auto market next summer • Can travel 60-120 kilometres per charge

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Daniel Devora at the city's new EV quick-charge station.

Vancouver's first quick-charging electric vehicle (EV) station was unveiled at Olympic Village yesterday.

This method of charging is called CHAdeMo, which is Japanese for "How about some tea?" (while you charge your car).

EVs usually take upwards of 14 hours to receive a full charge, but by using a quick-charging station, a driver can be back on the road in half an hour.

Daniel Devora, major projects co-ordinator at Telus World of Science, said the station is part of a bigger go-green initiative.

"Right now, probably not a lot of customers will have an EV vehicle, but it will provide a good story to them to see the benefits (of owning one)."

B.C. Hydro and the City of Vancouver will be using the station to charge three cars. The station is free for now and will be relocated to Science World in about a month.

Rainforest. Bear necessities

▶ A grizzly bear is seen in B.C.'s Great Bear Rainforest.

IAN MCALLISTER/ILCP

Capturing the essence of nature

Some of the world's leading nature photographers went on a recent expedition of the North Coast to document the wildlife and flora they say are threatened by the proposed Northern Gateway oil pipeline. The Enbridge project would carry oil from Alberta's tar sands to Kitimat, B.C. More info at facebook.com/conservationphotography.

Boat bomb? Nope, just a suitcase

A suspected bomb that caused officials to evacuate the Queen of Oak Bay yesterday morning turned out to be an empty abandoned briefcase. The B.C. Ferries vessel returned to service shortly after noon.

SARAH N. FITZGERALD

Let's talk about tax: Minister

B.C. Finance Minister Colin Hansen yesterday said he aims to use newly announced referendum on the HST to discuss the merits of the new tax and move away from discussion over its poor implementation.

THE CANADIAN PRESS

Pair of arrests in stabbing

Two women were arrested yesterday morning after a man was stabbed multiple times outside a building in the Downtown Eastside.

The victim was rushed to hospital.

SARAH N. FITZGERALD

ONE DAY ONLY
WEDNESDAY, SEPTEMBER 15, 2010

14.99 Each
ALL CLEARANCE PRICED KENSIE®, KENSIE GIRL®, KENSIE DENIM, ATTITUDE®/MD AND BUFFALO® FASHIONS

kensie
BUFFALO DAVID BITTON
ATTITUDE®/MD

Offer valid on in stock items in Sears Department stores. Selection may vary by store. While quantities last.

Sears

NE093G410 © 2010. Sears Canada Inc.

France nears veil ban

- If law passes, France would be first country to outlaw Islamic veils
- Bill sets fines of around $185 for any woman caught covering her face

The French Senate overwhelmingly passed a bill banning the burqa-style Islamic veil on public streets and other places, a measure that affects less than 2,000 women but is widely seen as a symbolic defence of French values.

The Senate voted 246 to 1 yesterday in favour of the bill in a final step toward making the ban a law — though it now must pass muster with France's constitutional watchdog.

The bill was overwhelmingly passed in July in the lower house, the National Assembly.

In an attempt to head off any legal challenges over arguments it tramples on religious and other freedoms, the leaders of both parliamentary houses said they had asked a special body to ensure it passes constitutional muster. The constitutional council has one month to rule.

THE ASSOCIATED PRESS

Bio. Shocker

▶ Besma Lahouri, author of Carla: A Secret Life, at a promotional event yesterday in Paris.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

Getting to know Carla

The unauthorized biography of the French president's wife, Carla Bruni-Sarkozy, suggests that presidential aides have reined in the Italian-born heiress and ex-supermodel in a bid to transform her public image from that of a tempestuous man-eater, into a meek, model housewife.

EU decries France's deportation of Roma

France's deportations of Roma are "a disgrace" and probably break EU law, the European Union's executive body declared yesterday in a stinging rebuke that set up a showdown with French President Nicolas Sarkozy's conservative government.

In recent weeks, French authorities have dismantled more than 100 illegal camps and deported more than 1,000 Roma — also known as Gypsies — in a crackdown that has drawn international condemnation.

EU Justice Commissioner Viviane Reding said she was appalled by the expulsions, "which gave that impression that people are being removed from a member state of the European Union just because they belong to an ethnic minority."

THE ASSOCIATED PRESS

BRITAIN

Reporter sentenced for false confession

A veteran British TV reporter has been sentenced after he admitted making up claims he killed a former lover who was dying of AIDS.

A judge gave BBC journalist Ray Gosling a 90-day suspended prison sentence for fabricating his confession and wasting 1,800 hours of police time.

The 70-year-old Gosling drew media and police attention in February when he said on a BBC TV documentary that he used a pillow to smother his dying lover in his hospital bed in order to end his suffering.

THE ASSOCIATED PRESS

Change the way you save and save more than just change.

Most people think that saving more money means making major sacrifices and changing their whole lifestyle. While that is one way to save, it's not the only way.

At Scotiabank, we make saving automatic. We help you save every time you pay with your debit card, your credit card and with every paycheque. So you save every day, every week and every month, effortlessly. And before you know it, you could save $1,500* or more every year. We want to help everyone save more of their hard-earned money.

Visit a Scotiabank branch to learn how you can save an extra $1,500 a year, automatically.

Act now for a SAVING BONUS of up to 10%▲

letthesavingbegin.com

You're richer than you think.®

Scotiabank®

* Suggested savings amount is not guaranteed and is based on enrollment in the *Bank The Rest*® savings program, pre-authorized contributions and a *Scotia Momentum*® VISA† card. Actual savings will depend, in part, on each individual's financial situation. † Visa Int/Lic. user, The Bank of Nova Scotia. ▲ Offer available from July 5 to October 31, 2010. Maximum bonus $150. Offer may be changed, extended or withdrawn at any time without notice. Terms and conditions apply. See us for details or visit letthesavingbegin.com ® Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia.

Tories linked to NRA: Liberal

Tories deny connection to U.S. gun advocacy group

THE CANADIAN PRESS FILE PHOTO

The Liberals are calling on the governing Conservatives to "come clean" about alleged links to a powerful American gun lobby group.

Liberal House leader David McGuinty is turning up the heat in the debate over the long-gun registry, the subject of a cliff-hanger Commons vote next week.

But he offered little evidence yesterday of any ties between the Tories and the NRA, which vehemently opposes gun control.

He cited news reports suggesting the NRA coached Canadian firearms groups on lobbying techniques. And he said that, in 2006, Tory MP Garry Breitkreuz co-hosted a forum that featured the head of the NRA as a keynote speaker.

On Monday, CBC News reported that the NRA has been involved for more than a decade in efforts to kill the long-gun registry.

THE CANADIAN PRESS

Layton says NDP can save gun registry

Federal NDP Leader Jack Layton says enough votes will be coming from his party to potentially save the long-gun registry.

"My commitment to Canadians was to put forward an approach to fix the registry," Layton said yesterday after a party caucus meeting in Regina.

Conservatives say the registry is a waste that targets honest citizens. But proponents say it is a useful investigative tool and has led to more responsible gun ownership.

THE CANADIAN PRESS

Twitter becomes multimedia show

Twitter is turning its text-messaging website into a multimedia showcase by adding a new pane that will make it easier for its 160-million users to check out photos and video.

The redesign unveiled yesterday may compel people to linger on Twitter's website for longer periods and come back more frequently, making it more attractive for advertisers.

"We are still figuring out all the new possibilities," Twitter co-founder Biz Stone said in an interview.

The facelift, expected to roll out around the world in the next few days, splits the website into two panes.

"It's all about getting more out of Twitter in a lot less time."

TWITTER CEO EVAN WILLIAMS

One is devoted to the 90-million messages, or "tweets," posted on Twitter each day, and the other features the images contained within the text. Until now, most links to photos and video have been displayed on other websites or browser tabs.

The new look further underscores Twitter's emergence as a major communications hub.

THE CANADIAN PRESS

FREEDOM TO SAVE WITHOUT A BUNDLE

fido

With our low prices, you don't have to get home phone, cable TV and Internet to save on your cell.

From $15 per month

TALK & TEXT
- Unlimited incoming text
- Per-second billing
- No system access fees
- *Fido Rewards*™
- No activation fee. Save $35!*

KEYBOARD PHONES $0 With 2-year Fido Agreement

LG Gossip · Samsung Gravity · LG Neon

FIDO STORES

VANCOUVER
483 Robson Street
Pacific Centre
Oakridge Centre
Park Royal Shopping Centre, West Vancouver
BURNABY
Brentwood Mall
Lougheed Town Centre
Metropolis at Metrotown
LANGLEY
Willowbrook Shopping Mall
PORT COQUITLAM
Coquitlam Centre
RICHMOND
Richmond Centre
SURREY
Guildford Town Centre

EXCLUSIVE DEALERS

VANCOUVER
CELLULAR BABY
1191 Robson Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver
665 Robson Street
120, 1160 Davie Street
PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street
519 West Broadway
SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street
2430 Commercial Drive
WIRELESS WORLD
6596 Victoria Drive
YAPPIE MOBILE
370 East Broadway
7058 Kerr Street
2959 West Broadway
ABBOTSFORD
GENERATION WIRELESS
Seven Oaks Shopping Centre
SKYNET
Meadow Fair Plaza
WIRELESS WORLD
32330 South Fraser Way, Unit 4
BURNABY
CELLULAR BABY
Metropolis at Metrotown
Metrotown Centre
PEPPER WIRELESS
Crystal Mall
WIRELESS WORLD
Hannam Supermarket, 4501 North Road #106
COQUITLAM
SKYNET
101A – 2748 Lougheed Highway
DELTA
WIRELESS WORLD
Scottsdale Mall
KELOWNA
GENERATION WIRELESS
Orchard Mall
MAPLE RIDGE
SKYNET
Haney Place Mall
NEW WESTMINSTER
PEPPER WIRELESS
Royal City Centre
RICHMOND
CELLULAR BABY
Richmond Centre
PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre
SKYNET
4020 No 5 Road
SURREY
PEPPER WIRELESS
Central City Shopping Centre
SKYNET
7500 Scott Road, Unit 104
9182 – 120th Street
Panorama Village Mall
WIRELESS WORLD
1 – 8388 – 128th Street
12845 – 96th Avenue

Start saving now! On fido.ca, in store or 1-866-301-3436

Offers subject to change without notice. Phones prices shown valid with new activation on a Fido Agreement, early cancellation fees apply. Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. Plans include a number of texts sent from Canada. There is a charge for premium text messages. *Offer available until November 1, 2010; subject to change without notice. Valid on new activations with a 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Trademarks of Fido Solutions. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions.

FUTURE SHOP · BEST BUY · WIRELESSWAVE · booth · WIRELESS etc... · LONDON DRUGS · COSTCO WHOLESALE · Walmart

Fewer chronically hungry: UN group

But food prices are still stubbornly high, says official at the UN World Food Program

The number of chronically hungry people in the world dipped considerably below the one-billion mark — the first drop in 15 years — thanks partly to a fall in food prices after spikes that sparked rioting a few years ago, UN agencies said yesterday.

Still, an estimated 925 million people are undernourished worldwide, and the latest figures don't reflect the repercussions from the massive flooding in Pakistan.

Report

The report estimated there are 98 million fewer chronically hungry people than in 2009, when the figure just topped one billion.

The Rome-based Food and Agriculture Organization's report suggested some progress in the battle to end hunger, but stressed the world is far from achieving the UN promoted Millennium Development Goal of reducing the proportion of undernourished people in developing countries to 10 per cent by 2015.

That's partly because food prices have fallen from the peaks in 2007-2008, when they sparked violence in several developing countries, and because cereal and rice harvests have been strong.

THE ASSOCIATED PRESS

Oman. Release

▶ Sarah Shourd, 32, of the U.S., right, embraces her mother Nora Shourd, left, after her arrival at the royal airport in Muscat, Oman, yesterday, after leaving Tehran.

SULTAN AL-HASANI/THE ASSOCIATED PRESS

American released

The American woman released by Iran yesterday after more than a year in prison said she was grateful to Iran's president for her freedom.

Nothing found at Eiffel Tower: Report

Paris's Eiffel Tower and its immediate surroundings were evacuated yesterday evening after an anonymous caller phoned in a bomb threat, but a police search turned up nothing suspicious, French media reported.

Officials evacuated about 2,000 people and combed through the 324-metre tower, a Paris police spokesman said. By midnight, people were walking around and riding bikes underneath France's most popular tourist spot again.

THE ASSOCIATED PRESS

HADFIELD SHOOTING FOR THE STARS

Just sayin'

PAUL SULLIVAN

Chris Hadfield is living my dream.

He's gearing up to become the first Canadian commander of the International Space Station on a six-month mission starting in 2012.

It's not exactly Star Trek since he's hardly going where no man has gone before. Actually, he will just circle the Earth every 90 minutes for six months, but I'll bet you never get tired of the view. From one window you can see Africa. From the other: Infinity and beyond.

OK, so it's not exactly interstellar travel at warp speed, but it is the real thing, the edge of the human frontier in the year 2012. While it may be humble, it's the first permanent settlement outside the planet.

He will be hitching a ride on a Russian Soyuz rocket in December 2012, because the U.S. government is ending the space shuttle program, and private industry that is racing to take over is still in the test rocket stages. But that's cool; Russian rockets still work. And it's also ironic: While the Russians are schlepping Hadfield to the space station, here on Earth Hadfield's prime minister, scaremonger-in-chief Stephen Harper, is trying to whip up paranoia about a Russian attack from across the Bering Strait so he can justify spending $20 billion on fighter jets.

"No wonder I feel more at home on the cosmic range. There's no intelligent life down here."

No wonder I feel more at home on the cosmic range. There's no intelligent life down here.

Hadfield, like me, dreamed of space travel when he was a teenager. Unlike me, he could handle math and physics; instead, I learned to push words around. Dave, his more down-to-earth brother, put it well in a recent interview: "As you go through life there are forks in the road and he always took the one that could possibly lead into space."

So he's rocketing to the stars and I'm still here, writing about it.

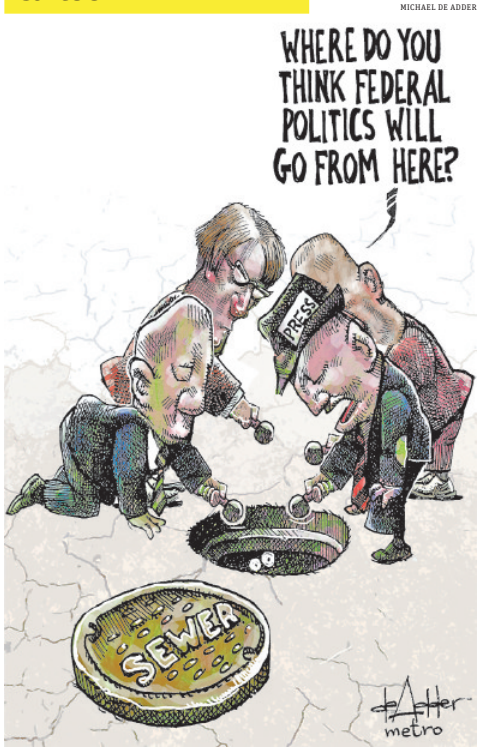
No doubt nine out of 10 red-blooded Canadian boys are dreaming of becoming Sidney Crosby and making $10 million a year in the NHL, but there must be a few who want to be just like Chris Hadfield, who started in air cadets, flew CF18s and has logged two other space journeys. And if the boys don't have their heads in the stars, there are millions of young Canadian women who can look up to Hadfield, fellow Canadian astronaut Robert Thirsk, and Canada's First Lady of space, Julie Payette.

It's just possible that because of these 21st-century pioneers, a few more Canadian kids will set their sights on the final frontier and pursue science degrees instead of becoming doctors of social media, majoring in Twitter.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Wait-and-see approach

Letters & Tweets

Re: B.C. to hold vote on HST (Sept. 14)

VANCOUVER. Just because we were deceived in the way the HST was introduced doesn't necessarily mean the HST itself is a bad thing.

If the HST continues to look like tax relief for businesses and increased costs for shoppers, I will vote against it.

If we do see the reduced business costs being passed on to us, as promised, I will vote to keep the HST.

CHRIS BRAND

VANCOUVER. I think it is time for (Premier) Gordon Campbell to step down. You should hear how people talk about him in the street these days.

He is full of lies and I have never seen any politician that is hated as much as him. I'm outraged.

MALAK AZIZ

Re: Cheap seats not getting cheaper (Sept. 13)

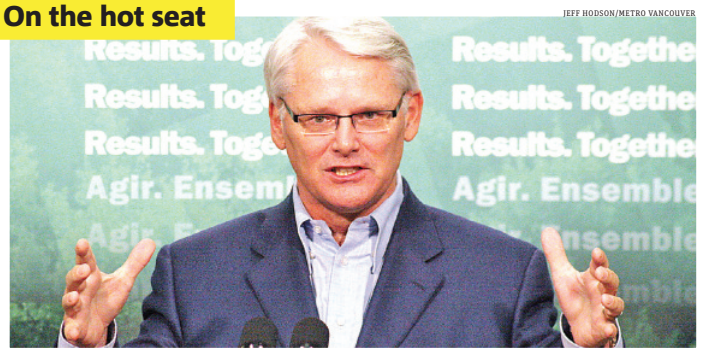
VANCOUVER. (Charging) $62 for nosebleed seats is outrageous, but the corporations that have thrown the working man out of his job will have no problem buying up every seat at the arena.

Where are the minimum wage seats?

TERRY MCKINNEY

On the hot seat

JEFF HODSON/METRO VANCOUVER



What food can you absolutely not stand to eat?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic Metro Vancouver

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Honour House

Squeeze in a charitable act plus a bit of evening exercise at gorgeous, green UBC tonight at 6.

The run is five kilometres, the walk is 2.5 kilometres, and the cause is Honour House, a charity that offers free temporary housing for Canadian Forces veterans and B.C.'s first responders and their families while they receive treatment in Vancouver. It will be held at the opening of Running Room, 3308 Wesbrook Mall at 16th Avenue. Entry and T-shirts each cost $10. Participants will get a chance to make tax-deductible donations. Rewards include medals, refreshments, and a sense of well-being. More info at honourhouse.ca.

STEPHANIE ORFORD

HANS S/FLICKR.COM

▶ A run/walk is being held at UBC today to support Canadian Forces veterans and B.C.'s first responders.

Bank reforms costly but worth it, Carney says

Banker says global downslide shows system needs to change ◗ Substantial long-term payoffs expected

Bank of Canada governor Mark Carney says commercial banks can pay for the cost of financial system reform by cutting expenses — particularly personnel expenses — without passing on costs to customers.

In an address yesterday in Germany, Carney gave an unqualified thumbs up to the G20 reform process that calls on banks to load up on capital, even though it makes the cost of operations higher.

Carney said proposals from the Basel III process that require lenders to retain more equity and add a buffer to core reserves strikes the correct balance between "resiliency and efficiency."

Carney said asking banks to hike capital ratios by two percentage points and strengthen liquidity standards will impose costs, both on banks and on the economy.

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Mark Carney

Past experience suggests Canada's chartered banks will pass on those costs by increasing borrowing spreads to their clients, Carney said. This could result in a one-time, 0.3 per cent reduction in gross domestic product.

Other alternatives, he says, include raising additional capital by issuing equities, holding on to earnings, or shedding assets. But he adds banks should consider another option — cutting operating costs by reducing personnel expenses, which could involve downsizing or reducing executive bonuses.

THE CANADIAN PRESS

"In an increasingly multi-polar economy, we simply cannot afford to lurch from crisis to crisis every five years. To reduce this frequency, we need a strong, universally applied framework. The Basel III rules, combined with (other initiatives), have the potential to be just that."

MARK CARNEY, BOC GOVERNOR

Video Games. Halo: Reach

▶ Delio Gautreaux carries his Halo: Reach game system after being the first person in line to buy the first copy of the video game system yesterday in New York.

MICROSOFT/THE ASSOCIATED PRESS

Gamers line up for Halo

It was a big day for Halo fans across Canada as thousands lined up for hours Monday night awaiting the midnight release of Halo: Reach for the Xbox 360, the latest in the video game franchise. The game is a prequel to Halo: Combat Evolved.

Telus says it won't play rival's game

Telecom company Telus doesn't plan to own the content it puts on its TV, online and wireless services and won't match competitors Bell and Shaw by buying up media assets.

Instead, Telus will continue its strategy of providing content that's already out there, chief commercial officer Joe Natale said yesterday.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
↑	↓
+ 43.12 (12,192.98)	– 0.04¢ (97.30¢ US)

Oil	Natural gas 1,000 cu ft
↓	$3.966 (+ 2.8¢)
– 39¢ US ($76.80 US)	Gold contracts $1,271.70 (+ $24.60)

THE CIBC switch

SWITCH your mortgage to CIBC for FREE.

3.99%[1] 5-YEAR FIXED RATE CLOSED Other rates and terms available + $4,000 CASH BACK[2] + TRANSFER-IN FOR FREE*

*Excludes existing lender charges.

Transfer-in your mortgage to CIBC and lock in while interest rates are low. Come in today and speak directly to a CIBC advisor, or call and arrange for a mobile CIBC Mortgage Advisor to visit you at a convenient time and place. Together you can review your options and find the right mortgage solution.

Some conditions apply. Speak to an advisor about switching to CIBC.
Visit any branch, go to cibc.com/switchborrowing or call 1 800 465-CIBC (2422).

It's worth a talk.

CIBC For what matters.

Think Pink™

Support a future without breast cancer.

Visit a CIBC branch today, make a donation and select a gift from the CIBC Pink Collection™[2].
For details, visit cibc.com/runforthecure

CANADIAN BREAST CANCER FOUNDATION / FONDATION CANADIENNE DU CANCER DU SEIN

CIBC Run for the Cure
CANADIAN BREAST CANCER FOUNDATION
cbcf.org

*Transfer-in your mortgage for free – there are no CIBC legal, appraisal or transfer-in fees. Excludes existing lender charges. Straight mortgage transfers only; no refinances. [1]Interest rate as of August 24, 2010, subject to change. [2]Cash back based on a mortgage principal amount of $200,000. Cash back amount is 2% of mortgage principal. Offer available on 3, 4, 5, 7 or 10-year fixed rate, closed term mortgage, excluding Better Than Posted. Conditions and restrictions apply. Applicants must meet CIBC lending criteria. Mortgages must fund within 30 days from date of application to qualify. Mortgage principal must be minimum $75,000 to qualify for cash back. Cash back is repayable under certain circumstances. Other conditions apply, ask for details. Transferred mortgage must be from a lender approved by CIBC. Rate and Cash Back offers cannot be combined with any other bonuses or offers. Offer may change or be withdrawn at any time. ™Trademark of the Canadian Breast Cancer Foundation. "It's worth a talk." and "CIBC For what matters." are TMs of CIBC.

2 scene

Celebrity

George Michael was sentenced to eight weeks in jail yesterday for driving while under the influence of drugs in an incident in which he crashed his car into a photo shop. A judge told the wayward star his addiction to marijuana put him and the public at risk. The singer pleaded guilty last month to driving under the influence and possession of cannabis following a July 4 collision between his Range Rover and a Snappy Snaps photo store in north London. District Judge John Perkins told the singer he had taken a "dangerous and unpredictable mix" of prescription drugs and marijuana.

THE ASSOCIATED PRESS

ScanLife

Tribute concert planned for Lennon's 70th birthday; Jackson Browne, Patti Smith to perform

Don't call it a comeback

Ben Affleck sits down with Metro to talk about his new film ◐ Downplays career re-boot

STEVE GOW
SCENE@METRONEWS.CA

Ben Affleck is winning over critics with his latest foray as star and director of The Town.

Set in his hometown of Boston, the thriller tells the story of an inner city bank robber who falls in love with the hostage of his latest heist. I caught up with the filmmaker during the Toronto International Film Fest to discuss his sudden resurgence.

I read in Entertainment Weekly that you said this was an attempt to reboot your career. Why was that?

"Reboot is a bit much in a way. That's like what you say when you put someone in a superhero movie or something. For me, directing is about a change so its not necessarily rebooting everything I've done but it resets my mindset on directing movies which is a whole other parallel track. It's definitely a new step for sure in my career."

It's an audacious step as well. What is it about the crime-thriller genre that attracted you?

"I know! I'm not necessarily even drawn to the genre…I was nervous I'd be pigeonholed as crime genre and that would be that. But the movie is so interesting and given that's its this kind of genre movie, it had all these unique things about the way these guys did working class, brown-bag robberies and it also has this love story so I felt like this is foolish to pass this up.

Obviously you grew up there but is there a key to nailing that Boston accent?

I think its just immersion, it's like learning a language.

I learned Spanish best by going to Guardalavaca and not speaking any English. Of course I've lost it now but if you are around a lot of people in an area and just listening to them and repeating them and let yourself not even try, it'll seep in.

▶ Ben Affleck, right, plays a Boston bank robber in The Town.

Need to know

Ben Affleck films:

- **Armageddon (1998)**
  Domestic total gross: $201 million
- **Pearl Harbor (2001)**
  Domestic total gross: $198 million
- **Surviving Christmas (2004)**
  Domestic total gross: $11 million
- **Gigli (2003)**
  Domestic total gross: $6 million

Not Hamming it up

Mad Men actor stars as an FBI agent in The Town

STEVE GOW
SCENE@METRONEWS.CA

Jon Hamm may be most recognized for playing Don Draper on the Emmy Award-winning hit television drama Mad Men but that doesn't mean the actor doesn't love the movies.

"The greatest thing about movies is it's an escape," said the actor during a recent interview in Toronto.

"For a couple of hours, you go and forget about what's going on in your life and you get to watch an entertaining story — hopefully well told — and think about it and experience it."

This Friday, a lot of people will be doing just that when they check out Jon Hamm's starring role in The Town, a gritty action film that pits the actor as a clever FBI agent against a perhaps even more shrewd bank robber in Ben Affleck.

It's a high action thriller with plenty of car chases that, in Hamm's opinion, "harkens back to great 70's heist films" like The Getaway and The French Connection.

"Those are fantastic, fun, gritty, dirty, cops and robbers movies," said Hamm.

"You want to be invested in characters and I think in our film has, very fortunately at the centre, some great characters and Ben's character ostensibly is the bad guy and yet we root for him because we are hoping he finds some sort of redemption."

Critics are also rooting for Affleck the filmmaker as well.

The follow-up to his directorial debut, The Town is showing audiences that the success of 2007's Gone Baby Gone was not a fluke for Affleck.

"He is a tremendously intelligent, dedicated filmmaker," said Hamm.

"Now he's proven it twice and I think he'll continue to do that."

FRANK GUNN/THE CANADIAN PRESS

▶ Jon Hamm answers questions during the press conference for the film The Town at TIFF

CARLO ALLEGRI/THE ASSOCIATED PRESS

▶ In this July 30, 2010 photo, singer Robert Plant poses for a portrait backstage moments before performing with Band Of Joy at Miami's Bayfront Amphitheatre.

Robert Plant surprises on solo album

Former Led Zeppelin frontman offers eclectic collections of covers on his latest album Band of Joy

Some things in Robert Plant's record collection are completely predictable. Others, might surprise you, like that copy of Low's The Great Destroyer.

"It's great music," Plant says of the Duluth, Minn., indie band known for its often slow, atmospheric songs. "It's always been in the house playing alongside Jerry Lee Lewis and Howlin' Wolf. There's room for everything."

That could be the theme of Plant's new solo album, Band of Joy, an eclectic collection mostly of covers and reinterpretations that showcase the former Led Zeppelin frontman's range in ways you wouldn't expect from a singer in his fifth decade at the edge of the stage.

It's an interesting record and completely different than what Plant fans were expecting.

He put together an ace band of old Nashville, Tenn., hands and went somewhere else completely. Plant, as he's proven time and again, is much more interested in seeing new vistas than covering old ground.

"You can't tell the same story for 40 years and think it's going to be convincing because when I was 19 I met Jimmy Page and I'll soon be 62," Plant says. "So really I've got to be able to move that story round a little bit, change its colours and also believe in it. It's not a production line. So these adventures are challenging."

Plant brought the material he wanted to do and Miller selected band members he thought had the range required.

He recommended multi-instrumentalist Darrell Scott, bassist Byron House and drummer Marco Giovino — a group that could run the obstacle course of rock, pop, blues and gospel that Plant threw out.

Miller said Plant knew exactly where he was going at all times. Plant packs it with interesting touches throughout.

There's his Muddy Waters phrasing on Central Two-0-Nine, the bass line right out of Junior Kimbrough's juke joint on You Can't Buy My Love and, yes, he does sound like a young Mick Jagger on The Only Sound That Matters.

Plant manages to pack Band of Joy with interesting touches throughout.

THE ASSOCIATED PRESS

On the album

The album, named for a band Plant was in with John Bonham before the two joined Jimmy Page and John Paul Jones contains:

▶ A cover of Los Lobos' Angel Dance, then jumps to versions of Richard Thompson's House of Cards, the Low songs Silver Rider and Monkey, The Only One That Matters by Milton Mapes, Townes Van Zandt's Harm's Swift Way and folklorist Bascom Lama Lunsford's recording of Cindy I'll Marry You Some Day.

Spend Less, Get More.

40% off ENTIRE STOCK

PLUS AN ADDITIONAL 10% OFF

- All Frames
- All Lenses
- All Options

Savings applied to lenses. SunSations Collection not included. Complete pair purchase required. See Optician for details. Cannot be combined with any other offer, vision care plan, package pricing or prior orders.
Offer ends October 14, 2010.

Value Package	Senior Offer	Kids' Eyeglass Package**
$159.99 complete • Frame up to $180 • Scratch resistant single vision or **FREE NO-LINE BIFOCALS** Complete pair purchase required. Offer includes frames up to $180 and single vision, ST28 or ST35 lined bifocals or no-line bifocals with scratch-resistant lenses. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. See optician for details. Offer ends October 14, 2010.	65 Years or Older Take an EXTRA **$10 off*** *Must be used in conjunction with the $159.99 complete offer. Offer ends October 14, 2010.	$49.99 • FREE Impact and Scratch-Resistant Polycarbonate Lenses • FREE UV Protection **$49.99 kids package includes any frame up to $100.00 and polycarbonate single-vision lenses for any child 16 and under. See optician for details. Some special orders excluded. Additional charges for other lenses, options and high prescriptions. Complete pair purchase required. See Optician for details. Cannot be combined with any other offer, vision care plan, package pricing or prior orders. Offer ends October 14, 2010.

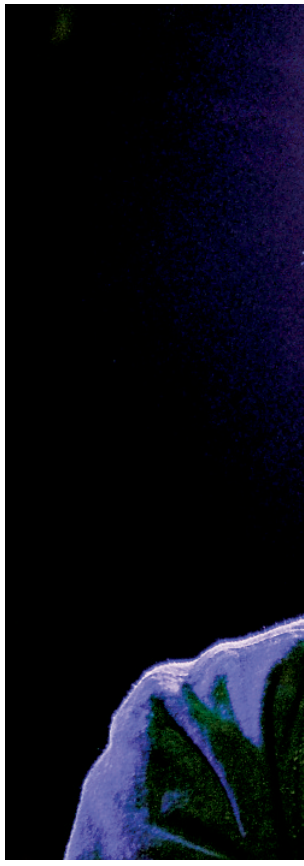
Vancouver Downtown	(604) 689-2321
Park Royal	(604) 925-1411 x3450
Metrotown	(604) 436-1196 x450
Willowbrook Mall	(604) 530-8434 x450
Guildford	(604) 588-2111 x450

the Bay OPTICAL

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

Being Billy Idol



It's a nice day to start again for the punk singer whose career has spanned decades And he was never planning on joining Aerosmith

NOLAN GAWRON
SCENE@METRONEWS.CA

Born William Albert Michael Broad, the world will forever know him by his stage name, Billy Idol. From his punk rock roots to his timeless gritty-pop classics, Billy Idol defined the merger of punk and mainstream music. While living on the edge and on top of the charts in the '80s, the '90s brought him to some devastating lows that almost ended his career — and his life. Now, a rehabilitated Idol presses on with a rebirth of energy, a younger band, some new songs and two decades of hits that will never go out of style.

You look amazingly young, despite your sordid past. What is your fitness regimen?
In recent years it's been contrology and pilates. I'm always looking at how can I energize my voice and energize myself to keep doing the music that I love … anything to help you keep from dying on stage — although dying on stage wouldn't be the end of the world.

What did you do in your downtime when touring?
I went on a lot of motorcycle rides. I rode across America on my motorcycle, and I think it's the closest thing to being a cowboy nowadays. So that's one of the things I did that helped me get around being a drug addict in the '80s.

I heard rumors that you were asked to replace Steven Tyler in Aerosmith. Is that true?
I did get a phone call from Joe Perry. I know those guys. They are my brothers. And there's one thing you don't do, and that's get in between brothers. I just thought, 'They'll get back together.' … I was flattered, but Steven Tyler is the only guy who can be Steven Tyler. I'm much better being Billy Idol.

▶ Billy Idol has had his ups and downs in the music world but he keeps rocking.

VANCOUVER CITY DANCE THEATRE PRESENTS

The Dali Universe

A spectacular multi-media ballet set in the surreal world of Salvador Dali.

Featuring National Ballet of Canada principal dancers:
SONIA RODRIGUEZ & PIOTR STANCZYK

Vancouver - Sept. 16,17,18 - The Vancouver Playhouse
Victoria - December 17 - The Royal Theatre

Adults $49-$65* Students & Seniors $25*
*plus applicable surcharges

Tickets on sale at
www.ticketmaster.ca & www.rmts.bc.ca
www.VancouverCityDanceTheatre.com

VANCOUVER CITY DANCE THEATRE

Photo: Sonia Rodriguez, Principal Dancer, The National Ballet of Canada - Cylla van Tiedemann

THE VIDEO EVERYONE'S TALKING ABOUT

Visit metronews.ca to watch metrotube

STILL overpaying for your Home Phone Line?

HOME PHONE LINES

ALL FEATURES FREE!

ENHANCED	UNLIMITED CANADA	ONE-RATE	GLOBAL
$14.95/MONTH UNLIMITED LOCAL CALLING	$19.95/MONTH UNLIMITED CALLING TO CANADA	$29.95/MONTH UNLIMITED CALLING TO CANADA & U.S.A.	$39.95/MONTH UNLIMITED CALLING TO 25 COUNTRIES!
✓ ALL FEATURES FREE	✓ ALL FEATURES FREE	✓ ALL FEATURES FREE	✓ ALL FEATURES FREE

- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number

LIMITED TIME OFFER!
UNLIMITED Calling to INDIA
Add Unlimited India to any Comwave Home Phone Plan
ONLY $19.95/MONTH

90 DAY FREE TRIAL

- Keep your existing Phone Number
- Satisfaction Guaranteed!

1-866-543-5122
comwave www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. The rates are based on a 3 year term. Rate guarantee is based on competitors lowest advertised rate for like services. The 90 day free trial apply immediately upon activation of the service. $19.95 Unlimited calling to India can add to any Comwave Home Phone Plan and it is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Terms and conditions apply, see www.comwave.ca for details

Tell us what you are recording @vancouvermetro

PVRTweets

Which game was the biggest upset in Week 1 of the NFL?

@latoya12 Colts losing to Texans!

@JordanOrtillan Starting QB Matt Cassel throws for a measly 68yds and the #Chiefs still upset the #Chargers on Monday Night Football

@Gimzatron Kansas City over San Diego

@darren_krause Broncos losing to Jacksonville... ;-)

@jdeslippe Texans beating the Colts

TELUS

Record 3 shows at once.

Unleash Optik™ TV at telus.com/optiktv

Kristen BELL Jamie Lee CURTIS Sigourney WEAVER Odette YUSTMAN and Betty WHITE

What doesn't kill you... is going to marry your brother.

You Again

This Fall

IN THEATRES SEPTEMBER 24

YOU COULD WIN A PASS FOR TWO TO SEE AN ADVANCE SCREENING OF YOU AGAIN!

VISIT clubmetro.com TO ENTER

To register and for full contest details visit clubmetro.com. No Purchase necessary.

Spidey star gets lifelong dream

Actor Andrew Garfield grew up dreaming of being Spider-Man ◆ After being cast in latest movie, he's climbing the walls with joy

Andrew Garfield has been playing Spider-Man since he was tiny. Now he's putting on his childhood superhero's suit for real.

With two major dramatic roles hitting theatres in the coming weeks, Garfield then follows in the title role for the new incarnation of the Spider-Man franchise, shooting in December.

The 27-year-old can barely remember a time when Spidey and his average, awkward alter-ego Peter Parker were not part of his life, he explains during the Toronto International Film Festival, where his drama Never Let Me Go, featuring Carey Mulligan, played ahead of its theatrical release today.

The film casts Garfield, Mulligan and Knightley as friends at a British boarding school in an alternate reality where the cruelest of fates awaits

But what's the appeal of Peter Parker — the youth Garfield will play in the franchise's fresh start after Tobey Maguire opted out of a fourth Spider-Man flick? "His youth, his relatability, his struggle, says Garfield. "He was a skinny boy who felt stronger on the inside than he looked on the outside, and I related to it immediately."

"It was always something that gave me hope as a skinny kid whose sense of injustice didn't match his sense of strength about his body. To be a part of that mythology and that legacy is a true honour."

Born in the U.S. and raised in Britain, Garfield describes himself as a confused child growing up, introspective and dissatisfied at school until he joined a student play.

Garfield went on to drama school, did theatre and television roles, then was cast by Robert Redford in his war-on-terror drama Lions for Lambs.

He won a BAFTA — the British Emmy — for his starring role in the 2007 youth drama Boy A.

While the debate has raged among fans over how good a Spider-Man Garfield will turn out to be, Mulligan said her co-star will swing for the stars.

"I think it'll be like what Heath Ledger did with the Joker," she adds. "Andrew, he has no other way of working other than doing things with complete truth."

The Spider-Man casting announcement over the summer made Garfield an instant celebrity, yet he hopes to find ways to avoid giving up his anonymity entirely. "I'm not doing it for any of the peripheral stuff. We could be making a short film, a short Spider-Man film with an unknown director, with no money, and I'd do it just to be able to play as Spider-Man," he says.

THE ASSOCIATED PRESS

▶ Andrew Garfield in Never Let Me Go.

BACK 2 SCHOOL BACK 2 COOL

Enter to Win Passes to Meet JUSTIN BIEBER!

PLUS 2 tickets to his concert in Vancouver!

NOW NEWSPAPER NOW TO SEPT 27

For more details visit: shopcentralcity.com or see customer service

With 130 shops, Central City sure can get you back to school in style.

CENTRAL CITY

JUSTIN BIEBER MY WORLD 2.0

My World 2.0 Available Now!!

Bed Bath & Beyond,™ Best Buy, Future Shop, The Brick, Urban Behavior, Winners, T&T, Zellers, Shoppers Drug Mart and more

604. 588. 5271 KING GEORGE BOULEVARD & 102 AVE WWW.SHOPCENTRALCITY.COM 130 SHOPS, SERVICES & RESTAURANTS

Lee to direct live webcast of Legend concert

Spike Lee will direct a live webcast of a concert featuring John Legend and the Roots.

The concert, to be in New York Sept. 23, is the second part of Unstaged — a live concert series presented by American Express. The first was an Arcade Fire concert, whose webcast in August from Madison Square Garden was directed by Terry Gilliam.

The live stream will be webcast on YouTube, via the music video website Vevo. Various interactive elements will also be offered, including an option for viewers to select their camera view.

"It's not necessarily a Spike Lee joint," Lee said. "It's a John Legend and the Roots joint."

Lee most recently released his second New Orleans documentary, If God is Willing and da Creek Don't Rise, but several of his recent films have focused on live performance.

Kobe Doin' Work documented Kobe Bryant in a single NBA game, and Passing Strange filmed the Broadway musical. Lee previously documented performances by John Leguizamo and Luciano Pavarotti. American Express is planning three more concerts for Unstaged later this year, but hasn't yet announced those acts.

Legend and the Roots will perform two days after the release of their newwest album Wake Up!

THE ASSOCIATED PRESS

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube

The video everyone's talking about.

your 365-day forecast:
delicious.

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

club metro

It's a bunch of poppycock

Prince Poppycock and other finalists ready final routines for America's Got Talent

Prince Poppycock is hoping to be crowned king of America's Got Talent.

The outlandish operatic creation of 32-year-old singing store clerk John Quale of Los Angeles was among the final four acts performing their ultimate routines last night on the NBC variety competition. Poppycock, who judge Sharon Osbourne dubbed the "male Lady Gaga," has captured imaginations with his spectacular showmanship and bellowing singing voice.

"I'm shocked," Quale said last week after securing his place in the finale. "This is a nightclub act that I've been doing in Los Angeles for four years. I always received a very good response, but that was from twenty- and thirtysomething clubgoers. To have everyone, from grandmothers to kindergartners, respond so positively has honestly been very surprising."

▶ Prince Poppycock performs on America's Got Talent, in Los Angeles

During his original audition in New York, Poppycock's powered face was met with a record-scratch sound effect and several what-is-this-guy-thinking glances.

He eventually endeared the judges and audience with his over-the-top rendition of Largo al factotum from Rossini's Il Barbiere di Siviglia, which featured Poppycock prancing around with two hand mirrors.

Poppycock is competing against 10-year-old soprano Jackie Evancho from Pittsburgh, 30-year-old crooner Michael Grimm from Waveland, Miss., and 13-man performance troupe Fighting Gravity, a group of Pi Kappa Alpha fraternity brothers from Virginia Tech in Blacksburg, Va., who use black lights and props in numbers reminiscent of the Blue Man Group.

The winner of this season of America's Got Talent will be crowned tonight.

THE ASSOCIATED PRESS

Other stunts

How did he get here?

- **Props** As he advanced in the competition, Quale added props, back-up dancers and other spectacles to his act. During the semifinals, he belted out Queen's Bohemian Rhapsody while smashing blue-and-white china, and he earned his finale spot by chirping Yankee Doodle Dandy with leggy dancers wearing giant U.S. flags and a replica of the Capitol.
- **The winner** The winner of America's Got Talent will be revealed Wednesday

Down but not out on Apprentice

New season brings candidates who were hurt by economic downturn to the forefront

The new season of The Apprentice returns the long-running business competition to its non-celebrity roots.

But there's a difference. The 16 candidates who scramble for Donald Trump's winner-take-all favour display somewhat less swagger than their counterparts from past seasons. They have brains, ability, education — and most had good jobs. Then they were slammed by the economy. Sadder but presumably wiser now, they're vying for a chance to get a fresh start with Trump.

"I hate what I'm seeing and I'm going to do something about it," he declares at the top of the show, airing tomorrow on NBC.

He knows that for the current crop of players, not just their careers are at stake, but the welfare of their families, too. Even their sense of self-worth.

This make-or-break subtext will be all too relatable to viewers, and it gives The Apprentice a dramatic new edge.

"We wanted to find people who seem like they should NEVER be out of work," says Mark Burnett, who created the series and, with Trump, is an executive producer.

Performing under pressure is key to many of the shows that have made the 50-year-old, London-born Burnett a TV grandee. His roster currently includes Survivor (which begins its 21st edition on Wednesday on CBS), Shark Tank and the syndicated Are You Smarter than a 5th Grader? THE ASSOCIATED PRESS

▶ Mark Burnett

TV watch list

Surviving the age factor

REALITY TV. It's a May-December showdown as Survivor: Nicaragua debuts. The 21st instalment of the reality series will separate its two tribes down age lines, with the 40-and-up Espada tribe taking on the 30-and-younger La Flor tribe.

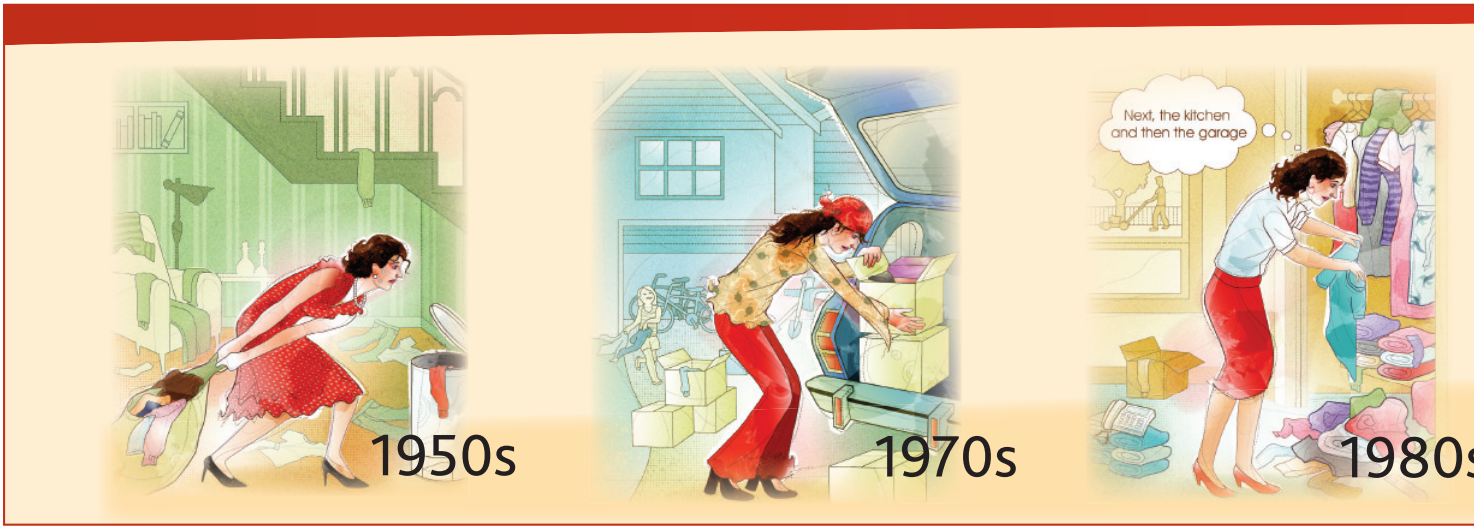
- **Survivor: Nicaragua** (Global, CBS)

Give them hell

TELEVISION. New cheerleading series Hellcats kicked off its season a few weeks ahead of most shows, so in this, the second episode, Marti is shocked to find Wanda in the audience at qualifiers.

- **Hellcats** (A Channel)

THE CANADIAN PRESS



Cruz is pregnant

The Oscar-winning Spanish beauty and her new husband Javier Bardem put rumours to rest

Penelope Cruz is in fact expecting a child with her new husband Javier Bardem.

"Penelope is four-and-a-half months pregnant," her rep confirmed to Entertainment Tonight amid heightened rumours.

Speculation that the couple were having a baby escalated this week after Cruz was spotted with an impressive baby bump on the Puerto Rico set of the new Pirates of the Caribbean film she's starring in with Johnny Depp.

Oscar winners Cruz, 36, and Bardem, 41, who were married last July in a small, discrete ceremony in the Bahamas, began dating in 2007. METRO

▶ Penelope Cruz is four-and-a-half months pregnant.

▶ Jennifer Lopez is rumoured to be joining American Idol.

Lopez to join Idol?

Sources say a deal is in place for Jennifer Lopez to be a new full-time judge on American Idol, according to Us Weekly.

"It ended up working out and they have a good agreement," the source says. Producers are expected to make the announcement in early October that Lopez and Aerosmith front-man Steven Tyler will be joining Randy Jackson at the judges table.

Gone from those seats are Simon Cowell, Kara DioGuardi and Ellen DeGeneres. METRO

Lively reveals her dreams: To cook and have lots of babies

Gossip Girl star Blake Lively admits she wants to have children someday.

"I want babies. Lots of babies," she tells Allure, adding that what she really wants to do is cook.

"I want to have a brunch place, a bakery," she reveals. "I take a cooking class everywhere I travel.

"It's what people bring to the family every day METRO

Talking points

Mayer stops tweeting

BYE-BYE BIRDIE. John Mayer — one of the most prolific celebrity Twitter users, has shut down his account on the social-networking site. The musician's rep says the change is because Mayer has finished his latest tour and is heading back into the studio, according to Hollyscoop. Mayer will still be communicating online via his blog, however. METRO

Martin gets creative

CREATIVITY UNLEASHED. Ever since he came out of the closet, Ricky Martin's creativity has "exploded," his producer, Desmond Child, tells BlackBook. "I'm really excited about the music, the content, because since he's come out it's unleashed his creativity and the scope of what he can sing about and say and do," says Child, who is working with Martin on a new album. "Once he opened that door, a floodgate of energy and creativity just really exploded." METRO

Celebrity tweets

Jessica Simpson [@Jessica Simpson] We lost our first game Cowboys?! I have carpet burn!

Neil Patrick Harris [@Actually NPH] After-party at the frigging metropolitan opera! Watching the Strokes perform. In the lobby! Unreal.

Kristin Bell [@IMKristenBell] I accidentally bought a piano yesterday. I drove by the store and found out I am pretty powerless over a parking lot sale.

Conan O'Brien [@Conan OBrien] I'm noticing that tweets with certain names and topics are more popular. Bieber Gaga Kardashian breast. Glee.

The way you donate has evolved…
so has Clothesline®

Visit **diabetes.ca/clothesline** or call **1-800-505-5525** to find out how your unwanted items could become an Apple® iPhone 4!

CLOTHESLINE 25 YEARS GIVING IS ALWAYS IN STYLE 1.800.505.5525
Canadian Diabetes Association

3 life

Cycling tour

A small Toronto-based company that organizes cross-continent bicycle tours in Africa is planning its first North American adventure for 2011.

Tour d'Afrique says cyclists will ride 8,000 kilometres from San Francisco to St. John's, N.L., camping or staying in budget accommodations.

The cost is US$9,950. There is also the option to do sections starting at $1,800.

Online: tourdafrique.com

SCANLIFE

Yellowstone sets summer visitation record, on track for 2nd year in a row

Explore wicked cool Bawston!

Bostonian Heidi Patalano gives you the real deal on her city. If you want to avoid appearing *wicked obnoxious* when you visit, read very carefully...

HEIDI PATALANO
HEIDI.PATALANO@METRONEWS.US

"The dorkier tourists... quack like ducks — be glad you're not one of them."

SEE
The North End

Boston's Little Italy puts many a city's Italian quarter to shame. Hundreds of amazing restaurants (and the famous Mike's Pastry) so you'll not only be charmed by the old-world feel of the neighbourhood but will leave with a full belly.

HEAR
Duck Boat Tour guide

The dorkier tourists on the Duck Boats (amphibious vehicles) being forced to quack like ducks, and then be glad you're not one of them. Also, the roar of the Fenway faithful as a Red Sox player cranks one over the Green Monster — that's what we call the back wall of the pahk, er, park.

EAT
Mr. Bartley's Burgers

In Cambridge's Harvard Square this historic hole in the wall is not only home to the best burgers in town, it's also been host to the biggest brainiacs in recent history.

Presidents, scholars, anyone who hits up the Harvard campus always makes a trip. Burgers include The Barack Obama and The Bill Clinton.

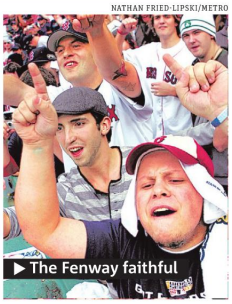
NICOLAUS CZARNECKI/METRO

▶ The Boston skyline and harbour

NICOLAS CZARNECKI/METRO/METRO

▶ Check out the Boston Common.

NATHAN FRIED-LIPSKI/METRO

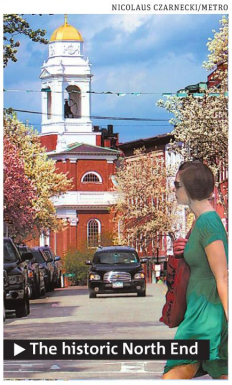


▶ The Fenway faithful

NATHAN FRIED-LIPSKI/METRO

▶ Grab grub at Mr. Bartley's

NICOLAUS CZARNECKI/METRO



▶ The historic North End

DRINK
Dunkin' Donuts iced coffee

Forget what coffee snobs say about the superiority of Starbucks, Bostonians drink Dunkin' Donuts coffee like they follow their sports — with the focus of a meth freak looking for Sudafed.

WEAR
Red Sox and Patriots gear

Bostonians are obsessed with their local teams. After a big win cars will be overturned and trash cans will be torched. In these circumstances. Only a Red Sox or Pats jersey will save you.

DO
The Public Gardens

Check out the manicured gardens in Boston Common, while taking in historic buildings that border the park including yes, the bar that was based on the famous American TV show, Cheers.

DON'T
Bother with Faneuil Hall

It's a market place loaded with overpriced stores, restaurants and cheesy "Irish" pubs. No Bostonian worth their salt would waste time in the vapid commercial space for uninformed tourists.

SAY
Wicked awesome

The best way to compliment a native is to express it as only a true Bostonian would. But don't do the full Matt Damon Good Will Hunting. That's just wicked obnoxious.

DON'T SAY
"Quincy" "Peabody" "Hot Dog" and "Popcorn"

Bostonians have their own way of pronouncing pretty much everything. Local town Quincy, is pronounced "Quinzee" and Peabody, "P-b'dee." Hot dog is "hut dawg" and popcorn is "pupkawn."

home | flights | packages | hotels | cars | rail | cruises | tours | activities | insurance | SALE deals | destinations | business

Why should summer have all the fun?

Time to make like a goose and explore the beauty of Fall with savings of up to 40% on select hotel-only bookings* during our Explore Fall Sale. Or fall into great package savings when you book your hotel and flight together. Show summer who's boss and explore the beauty of Fall, with beautiful savings. Get going at Expedia.ca.

Expedia.ca™
Your trip, your way.

© 2010 Expedia Canada Corp. All rights reserved. Expedia. Expedia.ca, the Expedia logo are either registered trademarks or trademarks of Expedia,Inc., and the USA. TICO Registration No. 50015827. TEH-TFS/ Tour EastHolidays (Canada) Inc., 15 Kern Road, Suite 9, Toronto, ON M3B 1S9. *40 % discount applies to hotel only (off Expedia prices). Offer ends October 13, 2010. Some conditions apply. Questions? Go to Expedia.ca or call 1-800-520-1464.

CULTURE

Greece has some of the most renowned UNESCO designated World Heritage Sites with fascinating antiquities dating from prehistoric, Paleolithic, early historic to Roman and Byzantine times.

In Athens the sacred rock of the Acropolis, formally proclaimed as the pre-eminent monument on the European Cultural Heritage list of monuments, is an architectural jewel which still crowns Greece as the Cradle of Civilization. The Herod Atticus Theater at the footsteps of the Acropolis offers world famous performances, operas and concerts during the summer months and the National Gallery hosts unique cultural treasures devoted to the subject of the history of Greek and Western European art.

Day trips from Athens offer the chance to visit the temple of Poseidon at Cape Sounion; the sanctuary of Delphi dedicated to Apollo in Central Greece, believed in ancient times to be the center of the world; or to experience revived ancient Greek drama plays throughout the summer at the amphitheatre of Epidaurus, built 2,500 years ago and remaining even today unique for its acoustics.

Only a few hours north in Thessaloniki, the capital of the Macedonia region and the second largest city in Greece, the National Archaeological Museum is home to many fascinating treasures including the ones from the town of Pella and Vergina, the burial site of the kings of Macedonia, including the tomb of Philip II, father of Alexander the Great.

Driving south to the Peloponnese Region you can visit Olympia, the site where the first ancient Olympics were held in 776 B.C; the revolving temple of Epicurean Apollo in Vassai standing almost intact at a height of about 3,707 feet; the ancient Mycenae with the famous Cyclopean walls and the Lion Gate; the 5,000 year old town of Tyrins and the citadel of Mystras with its fortifications, churches, palaces and mansions.

At the majestic islands of the Aegean Sea you can visit the terrace of the Lyons in Delos, birthplace of Apollo and Artemis; the Medieval citadel in Rhodes built during the 14th century by the Knights of Saint John; the 11th century monastery of Nea Moni in Chios; and the ancient Minoan palaces of Phaestos and Knossos, in Crete.

MINISTRY OF CULTURE AND TOURISM
GREEK NATIONAL TOURISM ORGANIZATION

www.visitgreece.gr

Advertisement

You really owe it to yourself.

Pay yourself first and save for what you want.

Maria Contreras
RBC Royal Bank
Product Manager, Savings Accounts

With all your other financial responsibilities, it can feel like an uphill battle to save up for the things you dream about. The truth is, it's not. In fact, winning that battle simply calls for the right plan – one built around paying yourself without ever feeling the pinch. You can do it. Here's how:

First, set a target. In other words, decide on your goal. It could be a new home entertainment system. Maybe it's a family vacation or romantic getaway. It could even be a rainy day fund to give you peace of mind. Whatever target you set is entirely up to you, because, after all, this is about rewarding yourself and those you care about.

Next, set a date for reaching your goal. Is it six months? A year? Once you've figured out what you need to save for and for how long, you'll have a better idea how much to save each week or month. But what if saving, say, $25 a week for the next year seems unrealistic?

Give your budget a good hard once-over. What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll see a few items you can save on. For instance, one less latte or takeout lunch could save you $5 a day. That's $25 each work week or $1,300 a year – it adds up fast!

4 SIMPLE STEPS

1. Set your goal and a timeline
2. Look closely at how much you're spending and where you can save
3. Open a dedicated savings account
4. Set up automatic online transfers to pay yourself first, right after payday

Finally, start paying yourself first. Sure, it helps to spend a little less every day. But, most importantly, set up a separate, dedicated savings account with automatic online transfers right after you get your paycheque – that way you'll always make sure to put aside funds you need to help reach your goal, right from the start.

After all, don't you owe it to yourself?

Need more tips and advice to help you reach your savings goal?
Visit rbc.com/adviceBC

RBC Royal Bank®

i.o. me

Pinch yourself, not pennies.

It's not a dream. With an RBC High Interest eSavings® account and an automated online transfer of $25 a week, you can save $1,300 a year.

Start saving today!
rbc.com/metroBC

Advice you can bank on™

This content is for general guidance. Speak to your advisor when implementing any strategy. ® Registered trademarks of Royal Bank of Canada. RBC and Roval Bank are reeistered trademarks of Roval Bank of Canada. ™ Trademark of Roval Bank of Canada.

THE CANADIAN PRESS

▶ Tushar and Arun Gandhi talk to travellers on a reality tour in New Delhi. Tushar Gandhi is the great-grandson of Mahatma Gandhi, and Arun is the Mahatma's grandson.

Facing reality

Visiting a world hot spot is not for the faint-hearted, but the rewards are greater understanding

Sometimes travel is designed to help people escape reality - often with a little help from an open bar and a poolside chaise longue.

But for some people, reality is what travel is all about.

San Francisco-based human rights organization Global Exchange organizes frequent "Reality Tours" to different hot spots around the world.

Most of the tours are led by country locals, and are organized around themes that tackle issues like civil rights, the environment, human trafficking and sex tourism.

Upcoming 2010-2011 tours are already scheduled for about 20 different countries, and with destinations like Afghanistan, North Korea and Iran, these trips are not for the faint of heart.

Although Global Exchange's Reality Tours are based in the U.S, director Malia Everette said this is a travel experience Canadians have embraced.

"Meet the people, learn the facts and make a change"
REALITY TOURS MOTTO

Everette said many Canadians have travelled with Reality Tours since 1989, the year the first tour was organized.

"I think the addition of having Canadians on our programs is extremely helpful for a number of different reasons and one is there's a different perspective on foreign policy issues," Everette said from San Francisco.

She mentioned Afghanistan as an example, where both the U.S. and Canada currently have troops.

"How that is impacting Canadian society may be similar or may be very dissimilar to the experience that we as American or U.S. citizens may have," Everette said.

"So it adds another dimension."

One Canadian reality tour traveller said the unique travel experience suits people who are politically aware and socially conscious.

Meera Karunananthan went to Ecuador three years ago on a tour that explored fair trade and mining issues.

Besides sleeping under the stars in the Amazon jungle, Karunananthan and the group she travelled with met with environmental groups and communities that had successfully campaigned against mining projects.
THE CANADIAN PRESS

Expenses

A reality tour includes shared accommodation, some meals, translation and transportation.

▶ **Chiapas** A trip to Chiapas, Mexico to learn about indigenous land rights costs about US$850.

DON'T BE THE LAST TO SEE IT.

Visit metronews.ca to watch metrotube

The video everyone's talking about.

Flying football fan?

Online research will pay off if you're looking for the best travel deal

Smell the tailgate party — it's college football season. But if you're flying in for a game, you might be headed for a headache. Cutbacks at major airlines have made flight choices more difficult this fall, especially to smaller college towns.

Planes are fuller these days and there are fewer flights because of schedule cutbacks across the industry. Fares have gone up, particularly to smaller towns that are often dominated by a single major airline. But there's good news, too. Unless you're flying to a game around U.S. Thanksgiving, peak day travel surcharges are virtually non-existent this year.

Also, fall fare sales are abundant but you have to know where to look. Expedia and Orbitz will give you a range of options to compare, but don't rule out sites like Travelzoo, which point out the best sales.

Fans take note: deals include one from American Airlines, with flights starting at $59 each way on more than 100 routes, and a nationwide fare sales from AirTran with fares starting at $54.

It's important to sign up for fare alerts on sites like Travelzoo or Kayak to keep on top of the latest deals if you want to make it to the big game. Airlines have shifted toward last-minute sales aimed at drumming up attention on social media sites like Facebook and Twitter. The sales, often only two or three days long, don't leave you much time to decide.

THE ASSOCIATED PRESS

▶ You need to be on the ball and move fast.

It's autumn in Vermont

It's fall festival season in Vermont.

For leaf-peepers, there's the annual Northeast Kingdom Fall Foliage Festival, which runs Sept. 27-Oct. 2. The festival, which is more than 50 years old, takes place in six towns over six days: Walden, Cabot, Plainfield, Peacham, Barnet and Groton. In addition to autumn colours, visitors will find concerts, church suppers, historical tours and crafts. Details at http://bit.ly/9PcTzt.

The Calvin Coolidge State Historic Site is hosting a festival dedicated to cheese. The Plymouth Cheese & Harvest Festival, set for Sept. 19 in Plymouth Notch, will feature cheese tastings, cheese making and a cheese recipe contest that's open to the public.

And Bennington Museum is planning a Harvest Festival showcasing its Grandma Moses gallery, sheep and goats from a local 4-H club and studio crafts. The event, scheduled for Sept. 26, is $3 US per person and free for children and students under 18.

THE ASSOCIATED PRESS

Hook Into This Great Cruise Offer!

Are ye ready for adventure? *Disney Cruise Line* has something magical for every member of your crew, with separate areas and activities for kids, teens, adults and families. Plus Disney's own private island paradise, *Castaway Cay*.

CANADIAN RESIDENTS ENJOY 25% OFF RATES AS QUOTED ON DISNEYCRUISE.COM.

AVAILABLE ON MOST 7-NIGHT CARIBBEAN CRUISES 1/8–2/26/11*.

Discover more! Call 800-230-3667, your Travel Agent or visit disneycruise.com/canada. Ask for package code CAN.

Disney Cruise Line

SHIPS' REGISTRY: THE BAHAMAS • ©DISNEY DCL-10-17266

*Proof of Canada residency will be required at check-in. Offer applies to new bookings only. Offer applies to Categories 4A–11C. Must mention booking code CAN. Other special offers, discounts and onboard credits do not apply. Rates in U.S. dollars. See *Disney Cruise Line* brochure or website for details and applicable Terms and Conditions. Government Taxes and Fees and *Port Adventures* not included.

ASIAN DESTINATIONS
GREAT FLIGHT RATES & TOUR PACKAGES!
Local Vancouver Tours
with Cantonese or Mandarin Speaking Guides
Rocky Mountain Tours
Packages from $329 for 4 days
Maple Int. Travel Ltd. • 140-8380 Lansdowne Rd, Rmd
778-297-4111 • mapletravel.ca@gmail.com
FAST, FRIENDLY & PROFESSIONAL SERVICE!

Promo Air Fares from Vancouver

Amsterdam/Oslo	745	Belgrade/Pristine	885	Beirut	937
Brussels/Paris	650	Prague/Warsaw/Sofia	725	Cairo	860
Milan/Rome/Naples	650	Varna / Krakow	815	Dubai	890
Barcelona	700	Moscow/Leningrad	758	Riyadh	980
Madrid/Lisbon	725	Kiev	850	Mashad/Isfhan	1120
Frankfurt/Munich	710	Budapest/Bucharest	725	Shiraz	1190
Luxembourg/Verona	650	Zagreb	979	Tehran	920
Geneva/Zurich	658	Sarajevo	1133	Tel Aviv	906
Stkholm/Copenhagen	725	Gdansk	750	Accra	990
Helsinki / Stuttgart	718	Split	1056	Addis Ababa	1095

EGYPT 02-16 November, 2010 / 2-16 March, 2011 CA $2899+taxes
TURKEY 07-24 October, 2010 / 6-23 May, 2011 CA $2899+taxes
SYRIA-JORDAN-ISRAEL 16 February-2 March, 2011 CA$4099+taxes
Prices in CA$ + taxes
Universal Travel
604-669-0110 • universaltravel.ca

We're diving in!
Spanx Slimming Swimsuits
This season we are introducing the latest SWIMSUITS. The Spanx by Sara Blakely.

BEAUTY mark
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

Noodle king

Pork Thai Noodle Bowl can also be made with rice Mixes coconut and mango flavours with pork and shrimp

Now that schedules are back to normal, busy cooks will be looking for quick dishes to get on the table each night.

Here is one keeper that is just such a recipe — quick, easy to make, and filling.

Pork Thai Noodle Bowl Preparation:

1. Cooked rice or udon noodles, for serving.
2. In a wok or deep, non-stick skillet, heat 15 ml (1 tbsp) of the oil over medium-high heat. Add pork strips, garlic and ginger and stir-fry for 2 to 3 minutes.
3. Add shrimp, cook for 2 minutes more. Remove from wok and set aside.
4. Return wok to burner and add remaining oil. Stir-fry onion, red pepper and asparagus for 1 to 2 minutes. Set aside with pork.
5. Deglaze skillet with mango juice, scraping up any loose bits from the bottom of the skillet.
6. Add coconut milk and curry paste. Let simmer for 5 minutes.
7. Add pork, shrimp, vegetables and mango to sauce and heat through. Season with salt.
8. Serve immediately over prepared rice or udon noodles. Garnish with fresh coriander.

THE CANADIAN PRESS

4 portions
Prep time: 15 min.
Cook time: 20 min.

▶ Pork Thai Noodle Bowl is perfect for busy cooks looking for a new dish.

Ingredients:

- 500 g (1 lb) pork loin chops, trimmed and cut into thin strips
- 30 ml (2 tbsp) canola oil, divided
- 2 cloves garlic, minced
- 15 ml (1 tbsp) finely chopped ginger root
- 250 g (1/2 lb) large shrimp, raw and shelled
- 1 small onion, diced
- 1 red pepper, cut into strips
- 1 bunch fresh asparagus cut into 2.5-cm (1-inch) pieces
- 150 ml (2/3 cup) mango juice
- 250 ml (1 cup) coconut milk
- 10 ml (2 tsp) Thai red curry paste
- 125 ml (1/2 cup) fresh mango, diced
- Salt, to taste
- 45 ml (3 tbsp) fresh coriander, chopped, for garnish

A sale as big as my biceps. Well, almost.
Get up to $50 off a new Koodo phone.
Offer ends Sept. 19, 2010.

Samsung Intensity™
~~$150~~ $100 Sale price
$0 With the Tab[1]
INQ Chat 3G
~~$200~~ $150 Sale price
$0 With the Tab[1]
BlackBerry® Curve™ 8530
~~$300~~ $250 Sale price
$100 With the Tab[1]
koodo mobile
Good call
BEST BUY FUTURE SHOP LONDON DRUGS Walmart
(1) Subject to approved credit. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners.
koodo shop
Aberdeen Mall
Brentwood Town Centre
Coquitlam Centre
Guildford Town Centre
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre

Beware of the dangers of online job hunting

There exists a 'black hole' — most resumes are never read, say career counselors How to send job applications the right way — online

DREW HINSHAW
letters@metro.us

COMSTOCK

▶ Old school or online? A strategic combination of both is in your best interest.

Although perfect for used bookshelves and missed connections, Craigslist may not be the place to find your next job.

In fact, career counselors say, the whole mini-universe of online job boards — such as Monster, CareerBuilder and HotJobs — is a great place to mis-invest your time during a difficult hunt. Employment guide-

"Very, very few online applications are ever read or responded to. Good jobs don't get posted in the first place."
FORD MYERS
PRESIDENT OF CAREER POTENTIALS CONSULTING FIRM

book author Margaret Riley Dikel calls it a "black hole," and Ford Myers, president of Career Potentials consulting firm, agrees.

"Very, very few online applications are ever read or responded to," Myers says. "Good jobs don't get posted in the first place."

But with unemployment rates high, and the average Joe staring at the horizon for months before the job boat lands, career counselors say they're not surprised to see more people surfing online ads.

Studies in the U.S. show that 10 per cent or less of jobs are filled through online ads, but if the occasional application is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you'd aim to work. About.com's jobseeking expert Alison Doyle recommends a research trip to the nearest Chamber of Commerce, plus a quick LinkedIn company search by industry and location.

"Check the company website and see if you can apply directly there," she suggests.

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resume at every link.

"It is absolutely imperative to customize the cover letter," Dikel warns. A little resume tweaking — like bumping up the most relevant, if not recent job — can make a difference.

Moreover, Dikel notes, a human may never lay eyes on your application, so use the same keywords they use in the ad to pass the computerized scan test.

10
Ten per cent or less of jobs are filled through online ads, studies show.

Plus, take the qualifications seriously: If the ad asks for five years' experience piloting a space shuttle and you've got one summer at Space Camp, don't waste your time.

Former big brothers and big sisters to reconnect

Former big brothers and big sisters, as well as former littles, are invited to reconnect with other Big Brothers Big Sisters of Canada alumni as part of a new campaign. They are being invited to go to the bigadventure.ca website and share their experiences of what it was like to be involved with the organization and getting to mentor a youth, or being mentored.

Everyone who registers and submits a mentoring adventure will be automatically entered to win one of five return tickets for two to any destination served by WestJet.

As well, on Saturday, MINI dealerships in cities across Canada will be holding a car wash and BBQ as part of Big Brothers Big Sisters Day. Visit bbbsc.ca or bigadventure.ca for more information and details about events in your city.

METRO

OH LA LA ! FRENCH COURSES
Want to get a better grasp of French and learn in a dynamic environment?
Our courses - on campus or online- will suit your needs
Register before September 24th and get 10% OFF!
Collège EDUCACENTRE College
www.educacentre.com • 1.800.747.4825
The French College in British Columbia

B2B CALL CENTRE
Needs Sales People!
Advertising & Fundraising
9 a.m. - 4 p.m.
Monday to Friday
PAID WEEKLY
Call Ward
604-681-3586

Need WORK?
Fun Flexible Call Centre Downtown!
Open 6 Days a week 9 a.m. to 9 p.m.
Various Shifts/Full and Part Time
PAID WEEKLY
Call us at 604-630-5008

大統華T&T Supermarket
RECRUITMENT DAY
Osaka-Park Royal Store Opening Soon
September 18 (Saturday)
From 9:30am to 4:00pm
Park Royal Shopping Centre South
Community Room (level 2)
Hiring for various departments:
Bakery • Kitchen Deli • Grocery • Seafood • Meat
Email: recruitment@tntsupermarket.com
Website: www.TnTsupermarket.com
大阪 OSAKA SUPERMARKET

Cold Logic Corp. is currently accepting resumes for
WAREHOUSE WORKERS
Previous fork lift operator experience an asset. Previous warehouse experience considered an asset but is not mandatory as job specific training will be provided. We offer a competitive wage rate plus productivity incentive potential.
This perishable and grocery food warehouse that operates 24/7 where you will be required to work in temperatures ranging from .5 to 12.7 degrees C.
If you are interested in joining our team, please submit your resume to surreycareers@coldlogic.ca
ColdLogic DIVISION OF VERSACOLD

XPERIA
X10 mini

club metro

Great surprises come in Mini packages

You could win a 2011 MINI Cooper™ and a new Xperia™ X10 mini – the world's smallest Android* phone. Enter now at clubmetro.com

Sony Ericsson
make.believe

Available exclusively at
ROGERS™

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. For official rules and to enter, visit www.clubmetro.com and complete the entry form as instructed on screen. Contest closes at 11:59:59 pm EDT on 9/30/10. Contest is open to legal residents of Canada (excluding Quebec), who are over the age of majority in their province or territory of residence at the time of entry. One prize consisting of a 2011 BMW/MINI Cooper™ car and a Sony Ericsson Xperia™ X10 mini phone. Total prize is valued at $26,300 CDN. Odds of winning depend on the number of eligible entries received. Selected entrants must correctly answer a mathematical skill testing question. Void in Quebec and where prohibited.

Prizes pictured are for illustrative purposes only. Actual prizes may vary from the prize pictured. BMW/MINI Cooper is not endorsing, sponsoring, or otherwise affiliated with this promotion.

*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

Screen images are simulated or enhanced.

The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make.believe" are trademarks or registered trademarks of Sony Corporation. Google and Android are trademarks of Google, Inc. MINI COOPER is a trademark or registered trademark of BMW. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.

LAWS OF TERMINATION

Workplace Law

DANIEL LUBLIN
IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.
DAN@TORONTO-EMPLOYMENTLAWYER.COM

Beware of employment contracts — most contain employer-friendly terms. It's possibly the worst fraud in workplace law – corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, don't realize their interests have been undermined. Given these perils, what are some of the clauses that employees should look out for?

Probationary period Employers don't just use probationary periods to assess fit; setting a probationary period allows them to dismiss for reasons that would otherwise be insufficient. The employer needs only to show that, in its opinion, the employee was unsuitable for the position. If these considerations are fairly assessed, the employer can end the relationship suddenly by providing only minimum notice or pay, or less.

Termination clauses Without any language surrounding termination in a contract, employees are entitled to reasonable notice of their dismissal, based on how long it would take to find another job. However, if some other amount or formula is stated in the contract, it will usually provide for less than what is reasonable and often only the minimum amounts required by law.

Contractual changes Once the job begins, adverse changes to the job are prohibited, without a sufficient warning or that employee's consent. However, employers will look to the contract first, and there is a clause clearly providing for that change, no matter how obscure, they will find the employee already agreed to it.

Post-employment restrictions An employee's only implied duty upon leaving is to keep information or trade secrets confidential unless other specific post-employment duties or restrictions are written into the contract. However, if a contract provides for it, employers can prevent employees from working for a competitor.

Excellent.

Like you.

You deserve the best learning experience possible and **Athabasca University** knows how to deliver. As Canada's leader in online and distance education, we offer more than 700 courses in 90 undergraduate and graduate programs, giving you a lot of excellence to choose from.

Learn more at
www.athabascau.ca.

Athabasca University

Diversifying doctors

Medical schools are pushing for would-be doctors to be more well-rounded

JOHN ULAN/THE CANADIAN PRESS

▶ Medical student Marcelo Crespin could represent the embodiment of a the vision of tomorrow's well-rounded physician.

A strong aptitude for science and the marks to back it up were once the key attributes for students trying to get into medical school. But an evolution has been going on in Canada's medical faculties — and would-be doctors these days are likely to be as accomplished in the arts or sports as in the biology lab.

The country's 17 university-based medical schools have put on a big push to turn out new doctors who will better reflect an ethnically diverse, more educated and Internet-savvy patient population that views physicians as partners — not overseers — in their care.

At the University of British Columbia, for example, the roughly 1,800 applicants are judged half on scholastic achievement and half on non-academic attributes.

"So at UBC, even if you're a genius, you still only get 50 per cent," says dean of medicine Dr. Gavin Stuart. "The other 50 per cent are non-academic qualities, and that's anything from community service, sports, volunteering, civic duty, you name it."

Marcelo Crespin, a second-year med student at the University of Alberta, could represent the embodiment of that vision of tomorrow's well-rounded physician.

In his spare time, the 26-year-old mountain-bikes, hikes in the Rockies, and plays the trumpet.

But it was his early experiences with the medical world that cemented his desire to become a doctor.

Crespin was just five when he and his mother fled war-torn El Salvador to settle in Toronto. When his mother developed health issues and had to be admitted to hospital, it was her son who acted as translator and liaison between her and the doctors.

"That left a long-lasting effect on me to become a physician," says Crespin, explaining that doctors "miraculously" got his mother out of a wheelchair and back on her feet after a work-related back injury.

"I was so impacted by how they could change someone's life when they were at their worst."

THE CANADIAN PRESS

learn to turn income tax into income

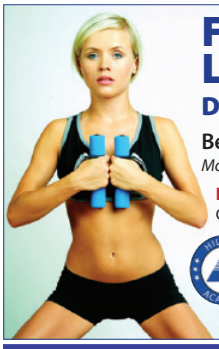
H&R Block needs tax professionals. Study with us. Classes begin Sept. 11.

- Choose a class schedule and location convenient to you.
- Receive high quality training.
- Start a rewarding career.*

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.

H&R BLOCK ENROL NOW!

*Enrolment in, or completion of, the course is neither an offer nor guarantee of employment. Some restrictions apply.



FITNESS LEADERSHIP
DIPLOMA PROGRAM
Become a Personal Trainer
Morning, Afternoon & Evening Classes
EARN UP TO $70/HOUR
Govt financial aid may be available
Hilltop Academy
604-930-8377
www.hilltopacademy.ca

RESIDENT CARE ATTENDANT
BC Government approved Curriculum & 8-week Practicum
- The Most Competitive Tuition Fee - $5900
- Student Loans Available & EI Funding Accepted
- Job Placement Assistance Provided

Daytime, Evening and Weekend Classes
www. rcit.edu
Royal Canadian Institute of Technology
Vancouver 604-879-5676 Surrey 604-588-7248

Discover career opportunities at VCC

It's a good feeling to land a great job. Talk to us about your career options at one of these free information sessions:

Program	Campus
Esthetics / Hair Design Wednesday, Sept. 15, 4:30 p.m. – room 201	Downtown
English for Health Sciences Thursday, Sept. 16, 6:30 p.m. – room 1212	Broadway
ESL Homefront Learning – Volunteer Tutoring Thursday, Sept. 16, 7 p.m. – room 1227	Broadway
Culinary Arts Friday, Sept. 17, 9:30 a.m. – room 305 B Friday, Sept. 24, 9:30 a.m. – room 305 B Friday, Oct. 1, 9:30 a.m. – room 305 B	Downtown Downtown Downtown
Auto Collision, Refinishing, Auto Technician, Heavy Duty/Commercial Transport Tuesday, Sept. 21, 11 a.m. – lobby, Building B Tuesday, Sept. 28, 11 a.m. – lobby, Building B	Broadway Broadway
TESOL programs Tuesday, Sept. 21, noon – room 526	Downtown
English as a Second Language Wednesday, Oct. 6, 10 a.m. – room 5025	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus is located at 1155 E. Broadway.

Visit **www.vcc.ca** or call **604.443.8453**.

School of Arts and Sciences School of Music Centre for Transportation Trades
Centre for Continuing Studies Centre for Design School of Health Sciences
School of Instructor Education School of Language Studies School of Hospitality

Vancouver Community College

NEC Native Education College
Aboriginal Justice Studies

The Aboriginal Justice Studies program explores topics related to crime and deviance, the criminal justice system and the role of law. The program incorporates First Nations concepts, methodology and materials into our instruction. Non-aboriginal learners are welcome.

Check us out! Come visit our Longhouse.
285 East 5th Avenue, Vancouver, BC, V5T 1H2
604-873-3772 • www.necvancouver.org

Human Resources Management

Graduate with a Diploma in Human Resources Management.

The DHRM program provides students with the essential knowledge and skills to gain entry, or seek career advancement in human resources. Apply now for the September intake.

Ashton Education with Purpose
www.ashtoncollege.com/dhrm
Or contact an admissions adviser at 604.899.0803

WestCoast College

West Coast College is excited to announce it will be offering our **Accredited (Qualifying Status) Pharmacy Technician Diploma program** beginning November 2010. This program includes hospital and community pharmacy training and practicums.

Call 604-951-6644, or email admin@westcoastcollege.com for more information.

VCAD VANCOUVER COLLEGE OF ART AND DESIGN

FASHION DESIGN

MARKETING AND MERCHANDISING FOR FASHION

WE WANT OUR STUDENTS TO GET A QUALITY EDUCATION, WITHOUT BREAKING THE BANK.

- High academic standards maintained through feedback from industry leaders
- Programs are $10,000 to $25,000 less than other schools in Vancouver
- Less time is spent on filler courses
- More time to work on professional portfolios
- Cut down on tuition – transfer credits are accepted

INSPIRING MINDS SINCE 1973

CLASSES START SOON SEATING IS LIMITED

CALL TODAY 1.800.360.6157 van.vcad.ca

▶ When it's all-you-can-eat, it's hard to stop at one slice.

Weighing the 'freshman 15'

BRUCE WALSH
bruce.walsh@metro.us

The latest studies suggest that the "freshman 15" might be, more accurately, "freshman seven" for most students.

A 2009 cumulative study in Nutrition Reviews found that among college freshmen who put on weight, the mean gain was between seven and seven-and-a-half pounds.

But that is still a significant gain for a nine-month period. And, more important to nutritionists, the habits developed in freshman year — often in the cafeteria — can have negative effects down the line.

"In general, the big food service companies that often run these cafeterias have dietitians on staff. They have some healthy options," says Debra Johnson, director of nutrition at Rehmuda Ranch Programs for Eating Disorders.

"The problem is the format. It's usually all-you-can-eat, and people typically will expand their portions in that situation."

Full-service college meal plans commonly cost more than $3,000 per academic year, and students often cut down on expenses by choosing a limited plan.

Many schools have one-meal-a-day options that run about $600 per semester.

"You could not eat all day, or eat first thing in the morning and fast the rest of the day. That one-big-meal diet can set a person up for an eating disorder or binge eating," says Johnson.

Having counseled patients leaving for and returning from college, Johnson encourages students to strategize and communicate with their parents.

Above all, before choosing a reduced meal plan, she says it's key for students to articulate where and how they will replace those meals.

"Know where the closest grocery store is. See what's both nutritious and convenient," she says.

"People think it takes a lot of time. It doesn't take a lot of time. It takes a little planning and commitment."

Your front row seat to the nation's political dramas.

Power & Politics with Evan Solomon

Weekdays at 2pm

CBC news network

Ducks have new deal with Ryan

Left-winger Bobby Ryan agreed to a new five-year contract with the Anaheim Ducks yesterday, keeping the high-scoring forward with the club through 2014-15.

The $25.5-million US deal highlights a busy year for Ryan, who scored a career-high 61 points for the Ducks last season, just his second full year in the NHL. The 23-year-old also won a silver medal with the U.S. national team at the Vancouver Olympics.

As a restricted free agent, Ryan spent an uncomfortable summer waiting for his representatives to hammer out a deal with the Ducks, who faced an unusual hurdle in negotiations: Anaheim general manager Bob Murray wanted to sign Ryan to a longer deal than Ryan initially sought. The Ducks intended to lock in the talented young scorer beyond the current contract lengths of fellow top-line forwards Ryan Getzlaf and Corey Perry. THE ASSOCIATED PRESS

Bush gives back award

Reggie Bush took the unprecedented step of giving back his Heisman Trophy yesterday, saying the scandal over improper benefits while he was a star running back at Southern California should not stain "the dignity of this award."

The New Orleans Saints star won the Heisman in 2005. It is the first time in the award's 75-year history that a player has forfeited it.

THE ASSOCIATED PRESS

IAN JACKSON/THE CANADIAN PRESS

▶ Eric Tillman speaks at a press conference yesterday in Edmonton.

Eskimos give Tillman a shot

CFL veteran has won Grey Cups with three teams, but left last job after pleading guilty to sexual assault involving his teenage babysitter

The floundering Edmonton Eskimos are looking to a controversial figure to turn the team around.

The CFL club officially hired Eric Tillman as their new general manager yesterday.

Tillman, 52, has won Grey Cups with three different teams, the last being with the Saskatchewan Roughriders in 2007.

But he resigned from the Riders in January after pleading guilty to sexually assaulting his 16-year-old babysitter in August 2008. Tillman was given an absolute discharge, so he does not have a criminal record.

The Eskimos' decision to bring him in has been a controversial one.

"I understand it was a very challenging and complicated decision and one that (president Rick LeLacheur) did not take lightly," Tillman said at a news conference.

"It hurts when people ridicule you. I understand that. I've been through that at a personal level."
ERIC TILLMAN

"We spent hours, literally hours, talking about my background, my belief system, but he didn't just listen to me.

"He talked to people that knew me well and I think he would tell you that some of the strongest advocates were the people that know me the best, people that know me by my character, not by my reputation."

Tillman said he doesn't begrudge those who didn't want him hired.

"It's my responsibility to carry myself in a way and conduct myself in a way that will re-earn respect and trust," he said.

THE CANADIAN PRESS

4 sports

Quoted

"I'm disappointed not to be going to camp because I've worked all summer to be in camp. That's all right. I mean, there's a lot of positive things to focus on here in Edmonton."
SHELDON SOURAY, AFTER THE OILERS TOLD HIM TO STAY AWAY FROM TRAINING CAMP

FLOOR COVERING INSTALLER
Required immediately!
Minimum 5 years experience must be able to work alone 8 hrs/day 40 hrs/week $5000 monthly
Apply by fax
604-279-0983
to NPT flooring Installation

bed
locally made bedding
we've got what you want in bed
we're pretty proud of the fact that for over 10 years now we've been here in our community, doing it our way in bed. buy your sheets from the people who made them & sleep better tonight.
making your bed since 1999
2151 west 4th ave., vancouver, bc
1.877 / 604.736.3482
www.bed-online.com

"SOUR FACE"
ID# KID86
GRAB A FISTFUL OF SWEET JUSTICE
at MaynardsMostWanted.ca
Maynards Sour Patch Kids
†Trademark of or used under license by Cadbury Adams Canada Inc. © 2010 Cadbury Adams Canada Inc., and its affiliates.

PSYCHIC
BIANCA
has 25 years experience in Tarot Card, Palm & Psychic Readings. Helps with all problems of life. Reunites the separated.
$20 PALM
$20 TAROT CARD
$20 PSYCHIC
$40 FOR ALL 3 READINGS
Book an appointment
604-251-1246
5407 Victoria Drive

5 drive

In brief

Don't have time to charge up your electric vehicle? Then swap the battery. Israeli company Better Place is working on a network of stations where a robot will swap your used battery for a new one. They are trying the new system with the Renault Z.E.

METRO WORLD NEWS

Scan code for more car reviews and news

▶ The 2011 Honda CR-Z is seen as a return to the automaker's core values of being frugal and fun to drive.

CR-Z blast from past with eye on future

Honda's new hybrid bears more than a passing resemblance to automaker's fun CR-X ◐ One of the most affordable models in the green segment

JIM ROBINSON
DRIVE@METRONEWS.CA

Can you have fun and drive a hybrid?

Honda thinks they have the answer to that in the 2011 CR-Z.

For those who go back a bit, the CR-X made from 1983-1991 was one of the most endearing cars Honda ever made. It was a small sporty coupe based on the Civic that had basically two seats with pert, chopped off tail. It didn't have a lot of power but the CR-X more than made up for that with nimble handing, frugal operation, affordable pricing and a whole lot of character.

The CR-Z is also a two-seat sporty coupe with a pert, chopped off tail and styling that screams, "this car is a blast." And while the old CR-X was great on the gas, the new car goes a big one better; it's a hybrid.

The CR-Z starts with a 1.5-litre, SOHC four-cylinder gasoline engine based on the unit used in the Fit. By itself, the engine produces 113 hp and 107 lb/ft of torque.

Unlike Toyota where the engine augments the battery, Honda uses the lithium-ion rechargeable battery to give the engine an extra shot of acceleration and torque, kind of like an electric supercharger.

Out on the road, the handling was like a small sportscar, precise and with great feedback. At a closed course slalom, people were throwing the CR-Z around with great abandon with one journalist delighting in the low-end torque and the fact he could get the tail to hang out on hairpin turns.

There are several ways to have fun in this car and another is cost. If you were expecting to pay $30,000 or more, forget it.

Along with the Civic Hybrid and the Insight, Honda offers the three lowest priced hybrids on the market. How much fun it that?

The specs

2011 HONDA CR-Z

- **VEHICLE TYPE** Compact hybrid coupe
- **PRICE** six-speed manual, $23,490; CVT, $24,290
- **ENGINE** 1.5-litre SOHC engine/electric motor (combined, 122 hp, 128 lb/ft)
- **FUEL ECONOMY** Regular; six-speed manual, 6.5/5.3/6.0L/100 km city/highway/combined; CVT, 5.6/5.0/5.3L/100 km city/highway/combined

20/20 VISION... ...2010 OLYMPIAN!
LASER VISION CORRECTION
Starting at
$490 TAX /eye*
Financing Available
"For years I skated with the hassles and frustrations of glasses and contacts. In 2005, I had LASIK and the results were fantastic. Thank you LASIK MD, for helping me achieve my Olympic vision!"
For more on Joannie's story, visit: www.lasikmd.com/joannie
LASIK MD VISION
Joannie Rochette
2010 Olympic Bronze Medalist
2005 LASIK MD Patient
FREE Consultation: 604-639-8088
VANCOUVER: 1281 West Georgia Street
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

THE NEW FALL COLOURS

INTRODUCING CUSTOMER CHOICE FINANCING.‡ THE NEW WAY TO OWN A VEHICLE.

LOW MONTHLY PAYMENTS, AND
THE OPTION TO RETURN AFTER 36 MONTHS.

5 STAR SAFETY
NHTSA 5 Star Frontal and Side Impact†

CONSUMERS DIGEST BEST BUY

2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST SELLING MINIVAN FOR MORE THAN 25 YEARS

PURCHASE FOR **$21,480**•

INCLUDES $6,500 CONSUMER CASH* AND FREIGHT.

2010 Dodge Grand Caravan SXT shown.§

PLUS GET **0%**† PURCHASE FINANCING for 36 months

OR CHOOSE

$131 BI-WEEKLY @ A VARIABLE PRIME RATE OF **3.00%**± FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING
$154 BI-WEEKLY @ **4.99%**≠ FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$25** MORE BI-WEEKLY with Customer Choice Financing

LET US ENTERTAIN YOU! 2010 GRAND CARAVAN SE
WITH STOW 'N GO® AND ENTERTAINMENT PACKAGE
- 2nd and 3rd row full Stow 'N Go® seating and storage
- 6.5" touch screen display
- Steering-wheel-mounted audio controls
- Media Centre 430 CD/DVD/30 GB Hard Drive

NO CHARGE DVD

INSURANCE INSTITUTE FOR HIGHWAY SAFETY TOP SAFETY PICK 2010

5 STAR SAFETY
NHTSA 5 Star Frontal and Side Impact†

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE

CANADA'S #1 SELLING CROSSOVER^

PURCHASE FOR **$19,980**•

INCLUDES $1,250 CONSUMER CASH* AND FREIGHT.

2010 Dodge Journey R/T AWD shown.§

PLUS GET **0%**† PURCHASE FINANCING for 36 months

OR CHOOSE

$122 BI-WEEKLY @ A VARIABLE PRIME RATE OF **3.00%**± FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING
$138 BI-WEEKLY @ **4.99%**≠ FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$24** MORE BI-WEEKLY with Customer Choice Financing

LET US ENTERTAIN YOU! 2010 DODGE JOURNEY SXT
WITH ENTERTAINMENT PACKAGE
- 3.5L V6 engine with 6-speed automatic transmission
- Six premium speakers with subwoofer
- Media Centre 430 CD/DVD/30 GB Hard Drive
- ParkView® rear backup camera

NO CHARGE DVD

CHRYSLER Jeep® DODGE RAM

DODGE CARAVAN KIDS

SIRIUS SATELLITE RADIO

VISIT YOUR B.C. CHRYSLER, JEEP®, DODGE, RAM DEALER. Dodge.ca/Offers

Wise customers read the fine print: •, ^, †, ±, ≠, §The New Fall Colours offers apply to retail deliveries of selected new and unused models purchased between September 1, 2010 and September 30, 2010 from participating dealers. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealer for complete details and conditions. •$21,480 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F–CL9) only and includes $6,500 Consumer Cash Discount. $19,980 Purchase Price applies to 2010 Dodge Journey SE (22F–CL6) only and includes $1,250 Consumer Cash Discount. Pricing includes freight ($1,400) and excludes license, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. See participating dealer for complete details. †Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-dealer incentives, which are subject to change without notice. Some restrictions may apply. Dodge and Ram models exclude Grand Caravan Cargo Van, Dodge and Ram Chassis Cab, Sprinter and Nitro. Dodge Caliber SE, Dodge Caliber SE Value Package (24E–CL9) 2010 Dodge Caliber SE, Dodge Caliber SE Value Package (24E–CL9) 2011 Dodge Caliber SE, Dodge Caliber SE Value Package (24E–CL9) 2010 Dodge Journey SE (22F–CL6), Dodge Journey SE Value Package (22F–CL6) 2010 Dodge Journey SE (22F–CL6), Dodge Journey SE Value Package (22F–CL6) 2011 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer is not open to dealers in Quebec. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating dealer for complete details. ≠Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van, and Ram Chassis Cab. Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the term. Down payment, trade-in and/or first payment may be required. Example: $154 bi-weekly payment at 4.99% APR for 60 months amounts to $24,684.63 $23,216.67 Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Dealers may sell for less. See participating dealers for complete details. §2010 Dodge Grand Caravan SXT shown. Price including applicable Consumer Cash Discount: $27,595. 2010 Dodge Journey R/T AWD shown. Price including applicable Consumer Cash Discount: $30,045. Pricing includes freight ($1,400) and excludes license, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan and Journey. ^Based on January through June, 2010 R.L. Polk sales total registrations. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. Customer Choice Financing is a trademark of Chrysler Group LLC.

Norton bikes return

I confess I've never been up close to a Norton motorcycle.

Not because I'm all that young, but that this iconic UK marque has been away a long, long time.

Norton began building motorcycles around the turn of the 20th century, and gained notoriety throughout the 1930s, 40s and 50s, winning numerous high-profile races.

The Norton Commando, which launched in 1968, was their last and most successful street bike before the factory doors closed in 1975.

Thirty-five years later, the brand has returned to Canada with the Canadian reveal taking place at the Newmarket, Ont., Suzuki recently.

With retro styling blended with state-of-the-art engineering, the bike is powered by an air-cooled 961 cc parallel twin developed by Norton along with F1 engine builders, Menard Competition Technologies.

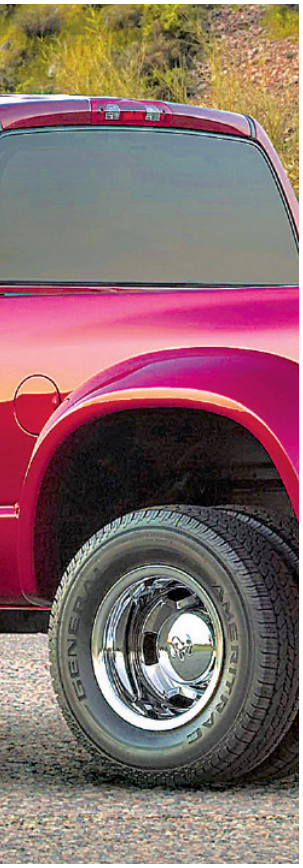
It is one of three models to go on sale in Canada. The Sport and the Cafe Racer are 2011 models that are expected arrive early next year.

NEIL MOORE/FOR METRO CANADA

▶ The Dodge Ram is regarded as North America "sporty" pickup truck.

MINI
FREE SERVICING.
IT'LL BE OUR LITTLE SECRET.
Visit MINIrichmond.ca or
Yaletown.MINI.ca for more details.

vw.ca/pure
Introducing the almost all-new Jetta.
2005 to 2009 Jetta with additional 2-year or 40,000 km limited warranty.
VolkswagenPure
Certified Pre-owned Vehicles.
Starting from 0.9% purchase financing up to 48 months*
$500 rebate for recent graduates**
Every Volkswagen Pure certified pre-owned vehicle must pass a rigorous 112-point inspection. If replacement parts are necessary, only Volkswagen Original parts are used so it will feel like new. Again. And with an additional 2-year or 40,000 km limited warranty†, 2 years of roadside assistance†† and a CarProof® vehicle history report, you'll swear it was new. Again and again. Visit your local dealer or vw.ca/pure to find your Volkswagen Pure certified pre-owned model.
Best Certified Pre-owned Vehicle Program – Non-Luxury Class‡ – 6 years in a row
Das Auto.
Model shown with optional features. *Limited time financing offer available on approved credit through Volkswagen Finance. 0.9% APR financing pertains to finance terms up to 48 months only on 2005 to 2009 M.Y. certified pre-owned Jetta. Rates start at 2.9% for up to 60 months for other models. Financing example: $15,000 financed at 0.9% for 48 months, monthly payment is $318.28, cost of borrowing is $277.24 for a total obligation of $15,277.24. Or $15,000 financed at 2.9% for 60 months, monthly payment is $268.86, cost of borrowing is $1,131.86 for a total obligation of $16,131.86. Dealer may sell for less. Down payment may be required. PPSA, license, insurance, registration, options, any dealer or other charges and applicable taxes are extra. Offer ends September 30, 2010 and is subject to change or cancellation without notice. **Up to $500 rebate for recent college or university graduates. Certain conditions apply. †2-year/40,000 km (whichever comes first) limited warranty. See dealers for additional details about this warranty. ††2-year, 24-hour roadside assistance provided by Sykes Assistance Services Corporation. ‡IntelliChoice.com, October 2009 review of 32 manufacturer programs. See www.intellichoice.com for additional details, explanation of results and program updates. Based on U.S. Program analysis. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. "CarProof" is a registered trademark of 3823202 Canada Inc. o/a LienQuest.com. © 2010 Volkswagen Canada.



In love with Dodge Ram's sporty side

Power and muscle count among owner faves for pickup model Opt for a newer, lower-mileage Ram where possible to get better value

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The last-generation Dodge Ram was on sale from model years 2002 to 2008 inclusive, and offered a punch in terms of both styling and performance that few trucks in recent memory can match.

Among other things, the last-generation Ram helped cement the brand's reputation for building America's "sporty" pickup. Where styling, power and muscle count, pickup shoppers tend to gravitate towards the Ram in a serious way.

Shopping used? Look for various body styles and six or eight-cylinder power. 2002 models got a 3.7 litre V6 as standard, with 215 horsepower.

The models' V8 engines consisted of a 4.7 litre or 5.9 litre unit early on, with 240 or 245 horsepower, respectively.

The legendary HEMI V8 hit the scene for 2003, offering up 345 horsepower. Cylinder deactivation was added to the HEMI V8 for 2006 to help keep fuel bills reasonable.

Shoppers will find a manual transmission with five or six-speeds, or an automatic with four or five. Rear or four-wheel drive models were available, too, utilizing either electric or manual transfer-cases, depending on the model.

Dodge Ram's features included a rear-seat entertainment console, heated leather seats, remote access, cruise control and more.

What Owners Like

For most Ram owners, power, sound effects, looks and muscle were the main attractions to the truck. Competitive pricing and overall value helped seal the deal in most cases.

What Owners Hate

Standard gas-mileage complaints come first and foremost on the list of Ram-owner related gripes. Some drivers have reported a rough ride on certain road surfaces, as well as poor outward visibility.

Common issues

Because of the possibility of some frustrating and difficult-to-diagnose electronic issues, test-drivers are advised to double and triple check that all interior electronics work as expected, and that no check engine lights are illuminated. A mechanic can also scan the Ram's engine computer for stored trouble-codes, which could indicate a problem.

Have the brakes and tires inspected for signs of excessive wear, visiting a mechanic for assistance. Also have the Ram's underside checked for signs of leaks, dents, scrapes or excessive rust. If the vehicle has been abused or damaged in an off-road setting, this is the time to check.

JUSTIN PRITCHARD

The specs

- **MODEL** 2002-08 Dodge Ram
- **VEHICLE TYPE** Pickup
- **APPROXIMATE USED PRICE RANGE** $8,500 to $25,000

VANCOUVERS ONLY KIA DEALERSHIP
Under New Management

2002 MAZDA MPV LX — ONLY 78,000 KMS — $8,998 — A MUST SEE!!!

2008 LAND ROVER LR3 HSE — ONLY 44,800 KMS — $43,988 — CHEAPER THAN ANY OTHER!

2008 BMW 3 SERIES 323i — ONLY 55,932 KMS — $26,988 — THE CHEAPEST IN VANCOUVER!

2009 TOYOTA MATRIX — ONLY 22,000 KMS — $16,988 — LIKE NEW!

2007 BMW X5 4.8i — ONLY 65,500 KMS — $45,988 — FACTORY WARRANTY

2006 VW JETTA 1.9L TDI — ONLY 93,000 KMS — $17,988 — THE CHEAPEST IN TOWN!

2008 LEXUS AWD — ONLY 19,800 KMS — $36,988

2009 HONDA CIVIC COUPE DXG — ONLY 17,000 KMS — $16,998 — SUPER CLEAN!

The All New
KIA SOUTH VANCOUVER
1-888-713-9426
396 S.W. MARINE DRIVE

- 10 minutes - Delta
- 15 minutes - Surrey
- 5 minutes - Richmond
- 5 minutes - Burnaby
- minutes - Downtown

Rustproof pre-owned cars for longer life

For cars, especially pre-owned ones, a dedicated maintenance routine, inside and out, is always recommended for longer life, safer operation, good resale value and as importantly, for good looks.

Industry experts say that lubricating the nuts and bolts regularly is a wise little trick for fewer repairs — and so is scheduling an annual spray for rust protection.

"Keeping moisture off the metal parts is the primary objective with rust proofing products," says Craig Shuttleworth at Krown, a leader in this field.

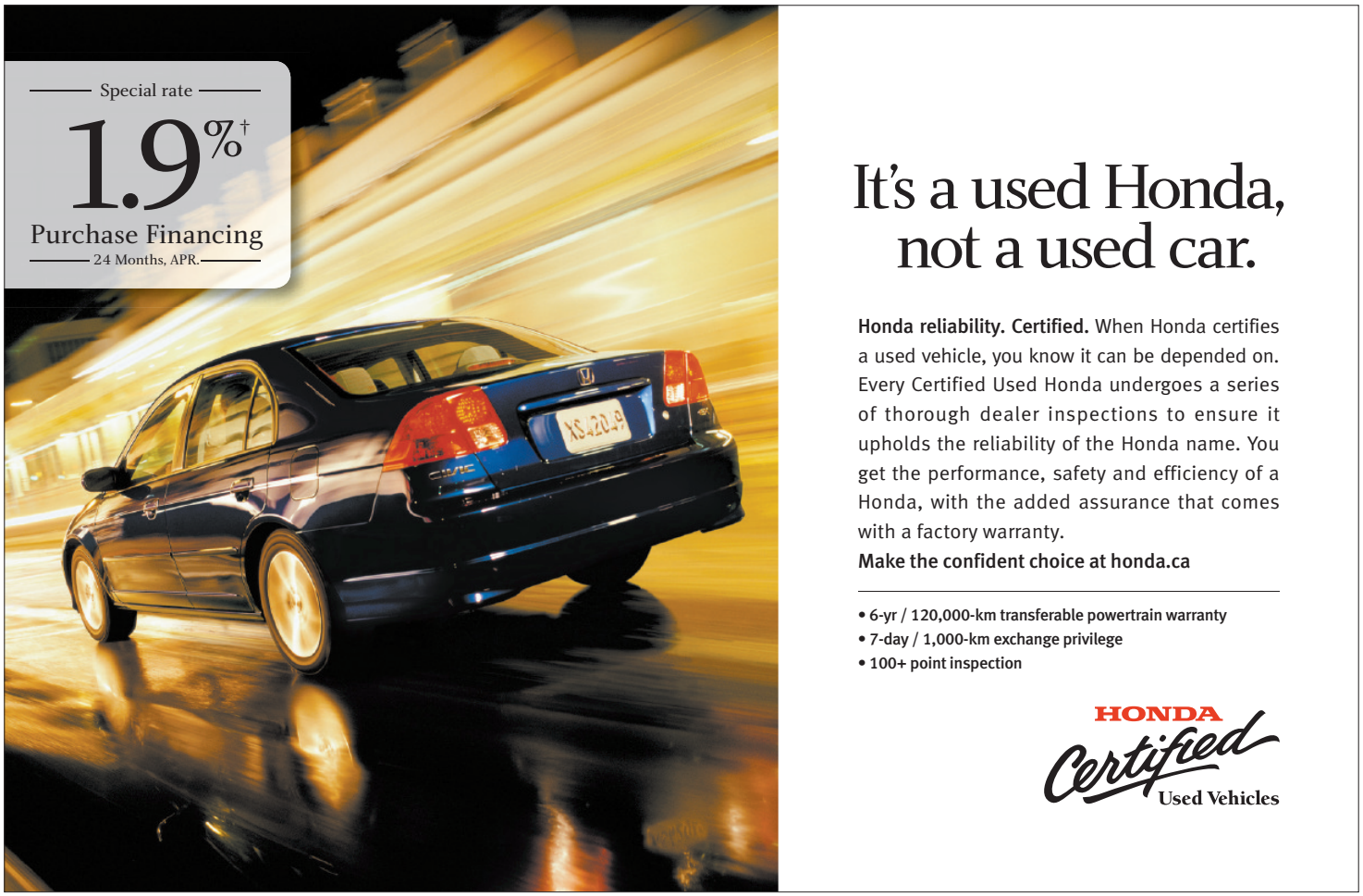
"All metal is programmed by nature to return to iron oxide and the presence of moisture simply accelerates this. The best rust proofing sprays, therefore, must have the ability to be easily absorbed into existing rust, push out all moisture present and not allow it back.

Avoid products, he said, that are thick and heavy. Yesterday's oily sprays are hard on the environment and by coating the existing corrosion they trap condensation and moisture underneath. In many cases this accelerates oxidation and damage.

Other tips from Krown help too:

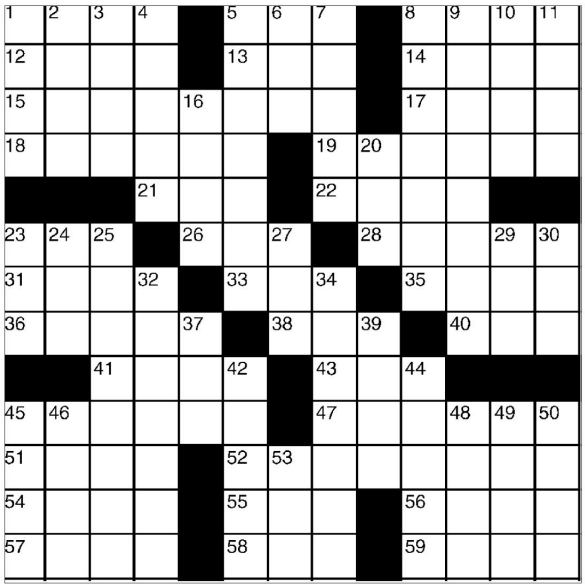
- Keep your car clean and well waxed.
- Wash the underside regularly throughout the winter.
- Open the doors after washing to let excess water drain out.
- Clean out your wheel wells where moisture collects in dirt and debris.
- Clear out drainage locations at the bottom of doors, along the frame and floor.

NEWS CANADA



†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V (2005–2009 model years). Finance example based on 2005 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires September 30, 2010.

Crossword



Across

1 Got older
5 A billion years
8 Common rhyme scheme
12 "Clair de —"
13 Lanka preceder
14 Incite
15 You can put a value on it
17 Angry
18 Number-logic puzzle
19 Conflict involving actual fighting
21 Verily
22 Veer
23 Owns
26 Parched
28 Synagogue VIP
31 Monad
33 Sweet potato
35 Fat
36 Black billiard ball
38 Stir-fry vessel
40 Petrol
41 Pay attention
43 Meadow
45 Large fig plant of India
47 Mean
51 Lip
52 Downtown street
54 Perfectly
55 Praise in rhyme
56 Pealed
57 Jason's ship
58 Neither mate
59 BPOE members

Down

1 Heidi's range
2 Mentor
3 Oklahoma city
4 Fake duck
5 Ocean inlet
6 Man-mouse link
7 Dark period
8 Southern
9 Bring lunch to work
10 Taj Mahal city
11 Milwaukee product
16 Managed, with "out"
20 Jointly possessed, perhaps
23 Shade
24 Singer DiFranco
25 Pie in the face, for one
27 Deviate off course
29 Bikini top
30 Egos' counterparts
32 In that direction
34 More spoiled, as bread
37 Links prop
39 Acute
42 Minion of Mephistopheles
44 Violinist Rieu
45 Early software version
46 Stench
48 Exam format
49 Sherman, e.g.
50 Early birds?
53 Kerfuffle

Yesterday's answer

H	A	L	F		T	W	A		A	P	S	E
E	T	U	I		I	O	N		M	A	U	L
R	O	S	E	M	A	R	Y		A	P	E	S
O	P	T		A	R	M		C	R	A	Z	E
			C	I	A		S	P	Y			
D	A	T	U	M		Z	E	A	L	O	T	S
O	N	U	S		H	E	X		L	A	N	A
S	I	X	T	E	E	N		N	I	F	T	Y
			O	A	R		S	O	S			
K	L	I	M	T		B	U	S		S	K	I
N	A	S	A		M	A	R	Y	L	A	N	D
E	M	I	R		E	R	G		E	M	I	L
E	A	S	Y		W	E	E		M	E	T	E

Sudoku

	7		8		3		9	
	6	3				1	4	
2								5
		1	4	3	2	5		
		6	1	8	7	9		
8								9
	2	9				4	8	
	4		2		8		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

8	5	9	1	2	4	3	6	7
7	2	4	9	6	3	8	1	5
3	6	1	5	7	8	2	9	4
6	4	8	2	3	9	5	7	1
1	3	7	4	8	5	9	2	6
2	9	5	7	1	6	4	3	8
9	8	6	3	4	7	1	5	2
5	7	2	8	9	1	6	4	3
4	1	3	6	5	2	7	8	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Sweety,
I promise to always LOVE u and always hold u in my heart . I ll always be here for u when u need me , and I'll LOVE u no matter where life brings us. You are my soul mate. I can't express my LOVE in dis small msg. I LOVE U .
UR GANDU . :)

Angelfish!
we always have the greatest fun together and i love you to pieces. even if i dont always show enough affection...I LOVE U!
WITH LOVE, BASIA

Babe
You are my everything. You are beautiful, caring, considerate, funny and so Sexy. My life changed when you became part of it. I am a very, very lucky man. I Love You very much xoxoxoxoxo
YOUR GORGEOUS MAN

Today 18°/13° Rain 90%

Thursday 19°/13° Variable

The Weather Network
WE'RE PROUD TO BE ONE OF CANADA'S TOP EMPLOYERS FOR YOUNG PEOPLE.
©The Weather Network 2010

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may feel restless but don't wander far from home base because what you discover in your immediate environment will be of more use to you than what you discover some place else.

♉ Taurus April 21-May 21 Focus on work and business issues and don't let your mind wander for even a moment.

♊ Gemini May 22-June 21 It may seem as if everyone but you is having fun but that is an illusion. The Sun in Virgo can weigh you down with responsibilities and heavy thoughts and make you feel gloomy but give it time and it will pass.

♋ Cancer June 22-July 22 You may not enjoy what you have to do today but the simple fact is you have no choice in the matter. However, if you knuckle down and do what is expected of you some Very Important People will be impressed.

♌ Leo July 23-Aug.23 You need to be more flexible in your thinking. Yes, really. There is a world full of opportunities out there

♍ Virgo Aug. 24- Sept. 22 Why so anxious? Why so sure that something nasty is about to happen just when you feel at your most vulnerable? Whatever the reason, snap out of it!

♎ Libra Sept. 23-Oct. 23 Saturn in your sign is making you somewhat cautious at the moment but if you make a mental effort to reach out and interact with the world

♏ Scorpio Oct. 24-Nov. 22 Don't fret if you lose something valuable today because the planets suggest you will soon fill the gap with something that is worth even more.

♐ Sagittarius Nov. 23-Dec. 21 Force yourself to get up and go out with a wild group of friends today. You've never been the sort to sit at home brooding on your troubles, such as they are, so why start now?

♑ Capricorn Dec. 22-Jan. 20 If you adopt a more positive attitude today you will quickly recognize that what others are moaning and groaning about is of no concern to you at all.

♒ Aquarius Jan. 21-Feb. 18 Don't give in to emotional blackmail today, even if it seems like the easy option. If you give others the impression that you can be easily manipulated they will be on your case from sunrise to sunset, and beyond.

♓ Pisces Feb. 19-March 20 Take care what you say over the next 24 hours. People in positions of power are unlikely to look kindly on you if they think you are being a disruptive influence. Your complaints may be justified but don't make them too loud.
SALLY BROMPTON

Caption contest

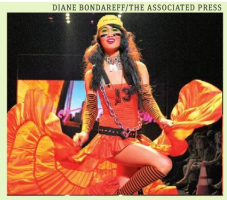
MATT DUNHAM/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

DIANE BONDAREFF/THE ASSOCIATED PRESS



FLIGHT CENTRE Unbeatable
Puerto Vallarta
7 Nights 4-Star All-inclusive
from $398
+ taxes & fees $273
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. All-inclusive packages include air.Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change.

"I LOVE THIS PAPER"
Available on the App Store
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch?
Visit m.metronews.ca for news on the move.
metronews.ca

FLIGHT CENTRE® Unbeatable

USA Airfares

Honolulu
from **$298**
+ taxes & fees $112

Las Vegas	from $198 + taxes & fees $115
San Diego	from $199 + taxes & fees $114
San Francisco	from $238 + taxes & fees $110
Los Angeles	from $258 + taxes & fees $112
Chicago	from $389 + taxes & fees $121
New York	from $389 + taxes & fees $120
Dallas	from $399 + taxes & fees $179
Orlando	from $399 + taxes & fees $125

Airfares

Puerto Vallarta
from **$45**
+ taxes & fees $290

Cancun	from $115 + taxes & fees $290
Calgary	one-way from $119 + taxes & fees $59
Edmonton	one-way from $129 + taxes & fees $60
London	from $149 + taxes & fees $474
Toronto	one-way from $175 + taxes & fees $71
Ottawa	one-way from $195 + taxes & fees $74
Paris	from $248 + taxes & fees $427
Montreal	one-way from $249 + taxes & fees $80
Bangkok	from $749 + taxes & fees $272
Sydney	from $899 + taxes & fees $340
Johannesburg	from $1048 + taxes & fees $439

Canada Vacations

Sun Peaks
Thanksgiving Special, 3 Nights
from **$199** taxes & fees included
INCLUDES 4-star accom in the heart of Sun Peaks Village.

Harrisson Hot Springs
2 Nights — from $149 taxes & fees included
INCLUDES accom on Harrisson Lake.

Montreal Air + 3 Nights — from $649 + taxes & fees $175
INCLUDES central accom close to Old Montreal.

Massive South Pacific Sale!

Book now and save on a wide range of airfares, hotels, tours and activities to Australia, Fiji and New Zealand.

New Zealand Airfares

Auckland
from **$899**
+ taxes & fees $329

Christchurch	from $999 + taxes & fees $329
Dunedin	from $999 + $329 taxes.
Queenstown	from $999 + taxes & fees $329
Wellington	from $999 + taxes & fees $329

AIR NEW ZEALAND

New Zealand Vacations

South Island 6-Day Tour
from **$849** taxes & fees included
INCLUDES tour guide, transfers, 1 night Auckland accom, flight to Christchurch, 2 nights Christchurch accom and 2 nights Queenstown accom.

North & South Island
13-Day Tour — sale $1460 taxes & fees included
HIGHLIGHTS Auckland , Rotorua, Traditional Maori Marae Stay, Wellington, Nelson, Kaikoura, Christchurch, Fox Glacier, Queenstown, Fiordland, Lake Ohau & Mt Cook Village. SAVE $200.

100% PURE newzealand.com

Adventure Tours

Egypt 8-Day Tour
from **$504** taxes & fees included
HIGHLIGHTS Cairo, Pyramids, Sphinx, Felucca boat trip on the Nile, Kom Ombo and Luxor.

Turkey 10-Day Tour — from $892 taxes & fees included
HIGHLIGHTS Istanbul, Sanli Urfa, Nemrut Dagi, Deyrul Zaferan Monastery, Mardin, Akdabar Isand, Mount Ararat and Ishak Pasa Palac

Asia 15-Day Tour — from $1088 taxes & fees included
HIGHLIGHTS Singapore, Melaka, Kuala Lumpur, Homestay, Penang, Nakhon Si Thammarat, Koh Samui and Bangkok.

USA Vacations

Las Vegas Halloween Special
Air + 4 Nights
from **$399** + taxes & fees $122
INCLUDES accom close on the Strip during Halloween weekend. UPGRADE to 4-star accom from $20 per night.

Anaheim Family Special
Air + 4 Nights — from $318◊ + taxes & fees $110
INCLUDES accom adjacent to *Disneyland* Resort. Price is based on a family of 4. BOOK this packages based on double occupancy from $359 per person. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $203.

San Diego Air + 3 Nights — from $329 + taxes & fees $115
INCLUDES accom close to attractions, with airport shuttle and breakfast.

Palm Springs Air + 3 Nights — from $418 + taxes & fees $115
INCLUDES accom close to golf and shopping with airport shuttle.

Orlando Air + 4 Nights — from $468 + taxes & fees $127
INCLUDES accom close to *Walt Disney World* Resort with shuttle to local theme parks.

Phoenix Air + 3 Nights — from $489 + taxes & fees $120
INCLUDES resort-style accom close to golf and shopping.

Honolulu Air + 8 Nights — from $669 + taxes & fees $111
INCLUDES Waikiki accom. ADD Surf School from $90.

New York Air + 3 Nights — from $799 + taxes & fees $130
INCLUDES Manhattan accom.

San Francisco & Hollywood
Air + 7 Nights + Car — from $829 + taxes & fees $115
INCLUDES air into San Francisco, return from Los Angeles, 3 nights central San Francisco accom, 4 nights central Hollywood accom and 7-day car rental with unlimited mileage.

Cruise Vacations

Pacific Coastal
2-Night Cruise
from **$169**^ + taxes & fees $40*
CRUISE from Vancouver to San Francisco.

Western Caribbean
7-Night Cruise — from $369^ + taxes & fees $96*
CRUISE roundtrip Miami and visit Grand Cayman, Roata, Belize & Cozumel.

Southern Caribbean
11-Night Cruise — from $649 + taxes & fees $60
CRUISE roundtrip San Juan and visit St Croix, St Kitts, Dominica, St Lucia, Barbados, Grenada, Curacao & Aruba.

All-inclusive Vacations

Mazatlan 7 Nights 5-Star
from **$585** + taxes & fees $290

Puerto Vallarta 7 Nights 4-Star	from $398 + taxes & fees $273
Mayan Riviera 7 Nights 4-Star	from $547 + taxes & fees $273
Varadero 7 Nights 4-Star	from $585 + taxes & fees $216
Samana 7 Nights 4-Star	from $587 + taxes & fees $322

Vacations

Sydney & Melbourne
Melborne Cup
Air + 8 Nights 3-Star
from **$1549** + taxes & fees $409
INCLUDES all air, 4 nights accom in Sydney & 4 nights in Melbourne. ADD an additional stop in Brisbane for $150.

Rio de Janeiro
Air + 4 Nights 4-Star — from $1279 + taxes & fees $201
INCLUDES accom at a beachfront hotel with breakfast.

Buenos Aires
Air + 6 Nights 3-Star — from $1359 + taxes & fees $267
INCLUDES central accom with breakfast.

Phuket Air + 8 Nights 3-Star — from $1469 + taxes & fees $238
INCLUDES air into Phuket, 3 nights accom in Phuket, 2 nights accom on Koh Yao & 3 nights on Phi Phi Island with breakfast.

Santiago Air + 7 Nights 3-Star — from $1939 + taxes & fees $252
INCLUDES central accom close to attractions with breakfast.

Self Drive Vacation

Banff 3 Nights + Car
from **$299** taxes & fees included
INCLUDES 4-day car rental from Vancouver with unlimited mileage and central accom in Banff.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free†

1 877 513 5444 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). ^Prices in USD. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790